


McCall's

Volume 10

Luscious Low-Cost COOKING



FOR THE BUDGET-CONSCIOUS GOURMET: LUSCIOUS
SOUPS • BEEF • VEAL • LAMB • PORK • POULTRY • FISH
• PASTA • BEANS AND RICE • CHEESE AND EGGS



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McCall's

Luscious Low-Cost

COOKING



BY THE FOOD EDITORS OF McCALL'S

Designed by Margot L. Wolf

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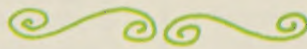
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Soups



CHEDDAR-CHEESE SOUP

4 tablespoons margarine	3 cups grated sharp natural Cheddar cheese (3/4 lb)
1/4 cup finely chopped onion	2 cups milk
1/2 cup finely chopped green pepper	1/4 teaspoon salt
1/2 cup finely chopped carrot	Dash pepper
5 tablespoons all-purpose flour	1/2 cup croutons (optional)
3 cans (10 3/4-oz size) condensed chicken broth, undiluted	Chopped parsley

1. In hot margarine in 3-quart saucepan, cook onion, green pepper and carrot 10 minutes, stirring occasionally.
2. Remove from heat; stir in flour, and mix well. Cook one minute, stirring constantly.
3. Add broth to vegetable mixture. Bring to boiling, stirring constantly.
4. Gradually stir in cheese; cook over medium heat, stirring until cheese has melted. Gradually add milk. Season with salt and pepper. Bring just to boiling, but do not boil.
5. Serve with croutons, and sprinkle with the parsley.

MAKES 8 SERVINGS

HEARTY BEEF-AND-VEGETABLE SOUP

2-lb shin of beef	1 pkg (9 oz) frozen cut green beans
Large marrowbone	1 pkg (10 oz) frozen peas
1 tablespoon salt	1 can (12 oz) whole-kernel corn, drained
4 quarts water	1 potato, pared and cubed (1 cup)
4 cups thinly sliced cabbage (1 lb)	2 tablespoons chopped parsley
1 1/2 cups chopped onion	1 can (6 oz) tomato paste
6 carrots, pared and cut in 3-inch pieces (1/2 lb)	1/2 teaspoon ground cloves
3/4 cup chopped celery	1 teaspoon sugar
1/4 cup chopped green pepper	1 tablespoon salt
1 can (1 lb, 12 oz) tomatoes, undrained	1/2 teaspoon pepper
1 pkg (10 oz) frozen lima beans	

1. Place beef, marrowbone, 1 tablespoon salt and 4 quarts water in very large kettle. Cover; bring to boiling. Skim surface.

2. Add cabbage, onion, carrot, celery, green pepper and tomatoes.
 3. Bring to boiling; simmer, covered, 30 minutes.
 4. Add remaining ingredients; simmer, covered, 3 1/2 hours.
 5. Remove meat and any marrow from bone; discard bone.
 6. Let meat cool. Cut into cubes; add to soup. Refrigerate overnight.
 7. Next day: Remove and discard all fat from surface. Before serving, slowly heat soup to boiling. (Store leftover soup, covered, in refrigerator.)
- MAKES 6 1/2 QUARTS

OLD-FASHIONED CHICKEN SOUP

3 1/2-lb stewing chicken, cut up	1 bay leaf
5 cups water	4 medium carrots
2 1/2 teaspoons salt	1/2 lb small white onions
1/8 teaspoon pepper	1 cup fine noodles, uncooked
1/4 teaspoon dried basil leaves	1 tablespoon finely chopped parsley

1. Wash chicken. Place in large kettle, and cover with 5 cups water. Add seasonings.
 2. Simmer, covered, 1 1/2 hours, or until chicken is just tender.
 3. While chicken is cooking, prepare vegetables: Wash carrots; peel; cut in 1-inch chunks. Wash and peel onions.
 4. When chicken is done, remove it, along with bay leaf, from stock. Skim off as much fat as possible from stock.
 5. Bring back to boiling. Add carrots and onions; simmer 45 minutes.
 6. While vegetables are cooking, remove skin and bones from chicken, leaving chicken in large pieces. Save the scraps for sandwiches or salad.
 7. Ten minutes before vegetables are done, add noodles and chicken pieces. Cook 10 minutes longer.
 8. Sprinkle with parsley.
- MAKES 4 SERVINGS



FRENCH OXTAIL SOUP

3 lb oxtails, cut up	6 black peppercorns
3 tablespoons butter or margarine	1 bay leaf
Water	1 clove garlic, crushed
2 cans (10½-oz size) condensed beef consommé, undiluted	1 egg white
2 teaspoons salt	2 cups diced white turnip (¾ lb)
2 teaspoons Worcestershire sauce	1½ cups diced pared carrot (4 medium)
1 teaspoon dried thyme leaves	1½ cups sliced celery
1 teaspoon dried tarragon leaves	1 cup chopped onion
	½ cup sherry or Madeira
	Chopped parsley

1. Wipe oxtails with damp paper towels.
2. In hot butter in deep, 6-quart kettle, slowly brown oxtails on all sides – about 30 minutes.
3. Add 1 quart water, the consommé, salt, Worcestershire, thyme, tarragon, peppercorns, bay leaf and garlic; bring to boiling. Reduce heat and simmer, covered, 3½ hours. Remove kettle from heat.
4. Remove oxtails with slotted spoon, and cut off excess fat. If desired, take meat off bones. Refrigerate, covered.
5. Strain broth. Refrigerate, covered, until chilled – several hours or overnight.
6. About 2 hours before serving, skim fat from broth. Slightly beat egg white with 2 tablespoons water. Add with crushed eggshell to cold stock in large saucepan. Bring to boiling, stirring constantly; boil 2 minutes. Remove from heat; add 1 cup cold water; let broth stand 30 minutes. Then strain into a large kettle.
7. Add oxtails or meat, turnip, carrot, celery and onion; bring to boiling. Reduce heat and simmer, covered, 30 minutes, or until vegetables are just tender.
8. Add sherry; simmer 15 minutes longer. Pour into soup tureen or individual bowls. Garnish with parsley.

MAKES ABOUT 2½ QUARTS; 8 SERVINGS

FRENCH ONION SOUP

⅓ cup bacon drippings or butter	½ teaspoon salt
5 medium yellow onions (about 1¼ lb), thinly sliced, to make 5 cups	¼ teaspoon pepper
2 tablespoons all-purpose flour	¼ cup sherry
7 cups beef stock; or 3 cans (10½-oz size) condensed beef consommé, diluted with 2 cans water	6 slices French bread (1 inch thick), toasted
	6 thin slices Gruyere or Swiss cheese
	¼ cup grated Parmesan cheese

1. In a heavy 5-quart saucepan or Dutch oven, heat bacon drippings. Add onion; sauté, stirring frequently, over low heat until golden-brown – about 20 minutes.

2. Stir in flour; cook, stirring, to brown flour slightly. Gradually add stock, stirring. Add salt and pepper. Cook over low heat, covered, 30 minutes. Add sherry; taste for seasoning.

3. In six heatproof bowls, place a slice of toast; cover each with a slice of cheese; pour soup over top. Sprinkle each with Parmesan cheese. Run under broiler just to melt cheese.

MAKES 6 SERVINGS



OLD-FASHIONED SPLIT-PEA SOUP

1½ cups quick-cooking split green peas	2 parsley sprigs
1 quart water	1 clove garlic
2½-lb fully cooked ham shank	1 bay leaf
⅔ cup coarsely chopped onion	½ teaspoon sugar
¼ cup cut-up carrot	⅛ teaspoon dried thyme leaves
½ cup coarsely chopped celery	⅛ teaspoon pepper
	1 can (13¾ oz) chicken broth

1. In 3½-quart kettle, combine peas and 1 quart water; bring to boiling. Reduce heat; simmer, covered, 45 minutes. Add more water if necessary.

2. Add ham shank and rest of ingredients; simmer, covered, 1½ hours.

3. Remove ham shank from soup; cool; cut ham from bone; dice. Discard bay leaf.

4. Press vegetables and liquid through coarse sieve.

5. Return to kettle. Add ham; reheat slowly, uncovered, until thoroughly hot – 15 minutes.

MAKES 8 SERVINGS

YELLOW-SPLIT-PEA SOUP WITH HAM HOCKS

1 lb quick-cooking split yellow or green peas (2 cups)	1 cup coarsely chopped onion
3 quarts water	4 (8-oz size) smoked ham hocks
⅓ lb salt pork or bacon, coarsely chopped (about ⅓ cup)	2 parsley sprigs
½ cup coarsely chopped green onion	1 bay leaf
1½ cups coarsely chopped celery	⅛ teaspoon dried rosemary leaves
	2 teaspoons salt
	1 tablespoon chopped parsley

1. In a 6-quart kettle, combine peas and 3 quarts water. Bring to boiling; reduce heat and simmer, covered, 45 minutes.

2. Meanwhile, in small skillet, sauté salt pork several minutes. Add green onion, celery and onion; sauté, stirring, until onion is golden – takes about 5 minutes.

3. Wipe ham hocks with damp paper towels. Add to kettle along with salt pork and sautéed vegetables, parsley sprigs, bay leaf, rosemary and 2 teaspoons salt. Bring back to boiling; reduce heat and simmer, covered, 2 hours, or until ham hocks are tender and meat begins to fall off bones. Remove from heat.

4. With slotted utensil, lift out ham hocks to cool. Remove meat from the bones; discard the skin, fat and bones.

5. If necessary, skim fat from soup. Put soup with vegetables through coarse sieve, pureeing vegetables.

6. Pour back into kettle. Add meat from ham hocks; reheat slowly, stirring occasionally, until heated through. Add salt to taste; heat the soup 5 minutes longer.

7. Sprinkle with the chopped parsley.

MAKES ABOUT 3 QUARTS

THICK LENTIL SOUP

1 cup dried lentils	1/4 cup salad or olive oil
1 tablespoon salt	1/4 cup chopped parsley
4 cups water	2 fresh or canned
1/2 teaspoon dried thyme	tomatoes
leaves	2 tablespoons dry sherry
1/2 teaspoon dried	1/4 cup grated Swiss or
marjoram leaves	Gruyere cheese
4 large onions, finely	
chopped	
4 carrots, pared and	
cubed	

1. Wash lentils. In 4-quart kettle, combine lentils and 4 cups water; let stand 1 hour.

2. Add salt, thyme and marjoram; bring to boiling; reduce heat and simmer, covered, 1 hour.

3. Meanwhile, slowly cook onion and carrot in hot oil until soft – 10 to 15 minutes. Add to lentils with parsley, tomatoes and sherry. Simmer, covered, about 1 hour, or until lentils are tender.

4. To serve: Sprinkle cheese over top of soup, or put 1 or 2 tablespoons grated cheese in each bowl; spoon lentil soup over top.

MAKES 8 TO 10 SERVINGS

CHILLED GREEN-PEA SOUP

2 pkg (10-oz size) frozen	3/4 cup water
green peas	1 can (10 3/4 oz)
1/2 cup finely chopped	condensed chicken
green onion	broth, undiluted
1/2 teaspoon salt	1/2 cup heavy cream
Dash ground nutmeg	

1. In medium saucepan, combine peas, onion, salt, nutmeg, and 3/4 cup water. Bring to boiling; reduce heat, and simmer, covered, 15 minutes, or until peas are very tender.

2. Pour peas with liquid into electric blender. Cover, and blend at low speed to mix, then at high speed 1 minute, or until smooth. Stir in chicken broth.

3. Refrigerate, covered, until well chilled – at least 4 hours.

4. To serve: Stir in cream. Pour into chilled bouillon cups. Sprinkle with snipped chives, if desired.

MAKES 6 SERVINGS

HEARTY VEGETABLE-BEAN SOUP

Pictured (pages 50-51)

1/2 lb dried white beans	1 can (1 lb, 1 oz) whole
(Great Northern type)	tomatoes, undrained
1 1/2 lbs zucchini	1 tablespoon dried basil
3 medium white turnips	leaves
(1 lb)	1/8 teaspoon dried hot red
1 large potato	pepper
6 medium carrots (1 lb)	1 1/2 tablespoons salt
2 celery stalks with	1 kielbasa (1 lb), in one
leaves	piece
2 onions	2 tablespoons olive or
6 1/2 cups water	salad oil
1 onion, studded with 4	2 tablespoons chopped
whole cloves	parsley
1 whole bay leaf	

1. Day before, soak beans overnight in cold water to cover.

2. Next day, drain beans in colander; rinse under cold water.

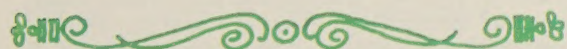
3. Prepare vegetables: Dice zucchini; pare and dice turnips and potato. Pare carrots; slice thinly; slice celery. Coarsely chop 2 onions.

4. Turn beans into a 6-quart Dutch oven with 6 1/2 cups water; bring to boiling over medium heat.

5. Add prepared vegetables and remaining ingredients, except kielbasa, oil and parsley. Bring back to boiling; reduce heat and simmer, covered, 2 1/2 hours, or until beans are tender; add about 1/2 cup water during cooking, if necessary. Add whole kielbasa last half hour of cooking.

6. To serve, remove and discard onion with cloves and the bay leaf. Cut up kielbasa; return to soup. Stir in oil. Taste for seasoning. Sprinkle with parsley.

MAKES 4 1/2 QUARTS



KAPUSTA (Hot Cabbage Soup)

2-lb head of cabbage, shredded (10 cups)	1 large soupbone (2½ lb)
2 tablespoons salt	2 cans (1-lb size) tomato purée
½ teaspoon white pepper	8 peeled small whole potatoes (2 lb)
1 cup chopped onion	1 teaspoon sour salt (optional)
1½ quarts water	2 tablespoons sugar
1½ lb beef chuck (flanken-style ribs)	2 cloves garlic, minced

1. In 6-quart kettle, combine cabbage, salt, pepper, onion and 1½ quarts water. Bring to boiling, covered. Add beef, soupbone and tomato purée. Bring to boiling; reduce heat and simmer, covered, 1 hour.

2. Add potatoes; simmer, covered, 1 hour.

3. Twenty minutes before end of cooking time, add sour salt and sugar. Refrigerate overnight. Skim off fat.

4. Next day, reheat gently. Five minutes before serving, add garlic.

5. To serve: Pour into tureen or individual bowls. Beef can be served separately or cut up and added to soup.

MAKES 2½ QUARTS

BLACK-BEAN SOUP

1 lb black beans	½ cup sherry
2 quarts water	1 hard-cooked egg, chopped
¼ cup salad oil	
1 cup chopped celery	½ cup chopped green pepper
1½ cups chopped onion	Sour cream
2 teaspoons salt	Lime wedges
½ teaspoon pepper	
1 bay leaf	
2 smoked ham hocks (2 lb)	

1. Wash beans; drain. In 8-quart kettle, combine beans and 2 quarts water; bring to boiling; boil 2 minutes. Remove from heat; let stand, covered, 1 hour.

2. Add the oil, celery, onion, salt, pepper, bay leaf and ham hocks. Bring to boiling; reduce heat; simmer, covered, 2 hours. Remove ham hocks. Discard bay leaf.

3. In food processor or blender, purée beans; return to kettle.

4. Remove meat from the cooked ham hocks; discard fat and bones. Add meat and sherry to kettle (add more water if necessary); simmer, stirring, until hot.

5. Ladle soup into warm serving dishes; top each with chopped egg, green pepper and 1 tablespoon sour cream. Serve with lime wedges.

MAKES 2 QUARTS, 8 SERVINGS

CORN CHOWDER

4 slices bacon, finely chopped	1 cup heavy cream
1 medium onion, thinly sliced	1 teaspoon sugar
4 cups cubed, pared potatoes (about 4 medium)	¼ cup butter or margarine
1 cup water	2½ teaspoons salt
4 cups fresh corn kernels (see Note), cut from cob	¼ teaspoon white pepper
	2 cups milk

1. In large saucepan with cover, sauté bacon, over moderate heat, until golden.

2. Add onion, potatoes, and 1 cup water. Cover; bring to boiling, and simmer about 10 minutes, or until potatoes are tender but not mushy.

3. Remove cover, and set saucepan aside.

4. In medium saucepan with cover, combine corn, cream, sugar, and butter. Simmer, covered and over low heat, 10 minutes.

5. Add to potato mixture with remaining ingredients. Cook, stirring occasionally and over low heat, until heated through – do not boil.

MAKES 8 TO 10 SERVINGS

Note: Or use 2 packages (10-oz size) frozen whole-kernel corn, thawed.

MULLIGATAWNY SOUP Pictured

4- to 5-lb roasting chicken, cut up	4 teaspoons salt
⅓ cup unsifted all- purpose flour	¾ teaspoon ground mace
⅓ cup butter or margarine	½ teaspoon pepper
1½ cups chopped onion	¼ teaspoon chili powder
2 cups chopped carrot	¾ cup canned flaked coconut
2 cups chopped celery	6 cups water
1½ cups chopped, pared tart apple	1 cup apple juice
1½ tablespoons curry powder	1 cup light cream
	1½ cups hot cooked long-grain white rice
	½ cup chopped parsley

1. Wash chicken; pat dry with paper towels. Roll chicken in flour, coating completely. Reserve remaining flour.

2. In hot butter in large kettle or Dutch oven, sauté chicken until well browned on all sides. Remove chicken from kettle, and set aside.

3. Add to kettle the onion, carrot, celery, apple and any remaining flour; cook, stirring, 5 minutes.

4. Add curry powder, salt, mace, pepper, chili powder, coconut, chicken and 6 cups cold water; mix well. Bring to boiling; reduce heat and simmer, covered, 2 hours. Stir occasionally. Remove from heat.



5. Skim fat from soup. Remove skin and bone from chicken. Cut chicken meat into large pieces.
6. Return chicken to kettle, with apple juice and light cream. Reheat, stirring.

7. To serve: Place a heaping spoonful of rice in each of six to eight bowls. Add soup. Sprinkle with parsley.

MAKES 2½ QUARTS; 6 TO 8 SERVINGS

GAZPACHO

2 large tomatoes, peeled (1 ³ / ₄ lb)	1/3 cup olive or salad oil
1 large cucumber, pared and halved	1/3 cup red-wine vinegar
1 medium onion, peeled and halved	1/4 teaspoon hot red-pepper sauce
1 medium green pepper, quartered and seeded	1 1/2 teaspoons salt
1 pimiento, drained	1/8 teaspoon coarsely ground black pepper
2 cans (12-oz size) tomato juice	2 cloves garlic, split
	1/2 cup packaged croutons
	1/4 cup chopped chives

1. In electric blender, combine one tomato, half the cucumber, half the onion, a green-pepper quarter, the pimiento and 1/2 cup tomato juice. Blend, covered, at high speed 30 seconds, to purée the vegetables.

2. In large bowl, mix the puréed vegetables with remaining tomato juice, 1/4 cup olive oil, the vinegar, hot red-pepper sauce, salt and black pepper.

3. Refrigerate mixture, covered, until well chilled – about 2 hours. At the same time, refrigerate 6 serving bowls.

4. Meanwhile, rub inside of small skillet with garlic; reserve garlic. Add rest of oil; heat. Sauté croutons in oil until browned. Set aside until serving time.

5. Chop separately remaining tomato, cucumber, onion and green pepper. Place each of these, and the croutons, in separate bowls. Serve as accompaniments.

6. Just before serving time, crush reserved garlic. Add to chilled soup, mixing well. Sprinkle with chopped chives. Serve the gazpacho in chilled bowls. Everyone helps himself to the accompaniments.

MAKES 6 SERVINGS

CHICKEN-BALL SOUP

Chicken Balls	1 cup sliced mushrooms
1 cup ground raw chicken (1/2 lb boned chicken breast)	1 cup sliced green onion
2 tablespoons chopped parsley	1 tablespoon lemon juice
1 tablespoon grated Parmesan cheese	1/2 teaspoon salt
1/2 cup packaged dry bread crumbs	1/4 teaspoon dried oregano leaves
1/4 teaspoon salt	1/4 teaspoon pepper
1/4 teaspoon pepper	4 cans (13 ³ / ₄ -oz size) chicken broth
2 egg whites	1 cup broken spaghetti
2 tablespoons olive or salad oil	2 tablespoons chopped parsley
	1/4 cup grated Parmesan cheese

1. **Make Chicken Balls:** In medium bowl, combine ground chicken with 2 tablespoons parsley, 1 tablespoon cheese, the bread crumbs, 1/4 teaspoon salt, 1/4 teaspoon pepper and the egg whites. Refrigerate, covered, 1 hour, or until firm enough to shape.

2. Shape into 1-inch balls. Refrigerate.

3. In hot oil in 6-quart Dutch oven, sauté mushrooms and onion, stirring, about 3 minutes.

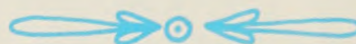
4. Add lemon juice, salt, oregano and pepper; mix well.

5. Add chicken broth; bring to boiling.

6. Gradually add chicken balls and spaghetti; cook, stirring occasionally, until chicken balls are done – about 10 minutes.

7. Serve garnished with chopped parsley and Parmesan cheese.

MAKES 2 1/2 QUARTS



SAUERKRAUT SOUP

5 lb beef bones (marrowbone and knucklebone)	1 can (1 lb, 12 oz) tomatoes, undrained
3 lb boneless shin beef	12 cups thinly sliced cabbage (3 lb)
2 cups coarsely chopped onion	4 beef-bouillon cubes
2 cups coarsely chopped carrot	1 tablespoon salt
3 cloves garlic	1 teaspoon cracked black pepper
1 1/2 teaspoons dried thyme leaves	1/2 cup lemon juice
2 large bay leaves	1/4 cup sugar (optional)
3 1/2 quarts water	1 can (1 lb, 11 oz) sauerkraut, drained
	Sour cream

1. Preheat oven to 450F.

2. Place beef bones, shin beef, onion, carrot, garlic, thyme and bay leaves in a large, shallow roasting pan. Bake 15 minutes; stir with large spoon, and bake 15 minutes longer, or until meat is brown.

3. Transfer mixture to a 10- to 12-quart kettle. Add 3 1/2 quarts water, the tomatoes, cabbage, bouillon cubes, salt, and pepper. Bring to boiling; skim off fat and foam.

4. Reduce heat, and simmer, covered, 2 hours, or until meat is tender. Remove bones and meat from soup. Discard bones. Cut meat into 1-inch cubes; return to soup.

5. Add lemon juice, sugar, and sauerkraut. Bring to boiling; reduce heat; simmer, covered, 1 hour longer. Skim off fat.

6. Serve hot, in large soup bowls. Pass the sour cream. (This soup freezes well.)

MAKES 6 1/2 QUARTS; 20 SERVINGS



Beef



FLANK STEAK ROULADE WITH LYONNAISE POTATOES

Flank-Steak Rolls	1 cup sliced onion
1 lb flank steak	1/2 teaspoon salt
6 slices bacon	Dash pepper
	1/4 teaspoon dried tarragon leaves
Lyonnais Potatoes	
1/4 cup salad oil	
2 tablespoons butter or margarine	Chopped parsley
4 medium potatoes, pared and thinly sliced (about 1 1/4 lb)	

1. **Make Flank-Steak Rolls:** Wipe steak with damp paper towels. Pound steak thin with wooden mallet or edge of saucer. Slice crosswise, on the diagonal, into six equal strips.

2. In medium skillet, over medium heat, sauté bacon until partially cooked, not crisp; drain on paper towels.

3. Place one strip of beef on each slice of bacon; roll up jelly-roll style. Secure with a toothpick.

4. **Make Lyonnais Potatoes:** In hot oil and butter in large heavy skillet, sauté potatoes, turning frequently, until golden-brown and tender – 10 to 15 minutes. Add onion; toss with salt, pepper and tarragon; sauté 5 minutes longer.

5. Meanwhile, place roulades on rack in broiler pan; broil, 4 inches from heat, 5 to 7 minutes on each side. Serve with potatoes. Sprinkle with parsley.

MAKES 6 SERVINGS

SLICED STEAK ON A BUN

1/2-lb round steak	2 small green peppers (8 oz)
2 tablespoons soy sauce	
1/2 teaspoon sugar	2 medium onions, halved and thinly sliced
1 tablespoon water	
1 tablespoon butter or margarine	1 tablespoon salad oil
	6 round hamburger buns

1. Wipe steak with damp paper towels. Cut steak into thin slices (1/8 inch thick) on the diagonal.

2. Combine soy sauce, sugar and 1 tablespoon water in shallow dish.

3. Place steak slices in mixture. Marinate 30 minutes.

4. Cut peppers in half; remove ribs and seeds; slice into 1/4-inch strips.

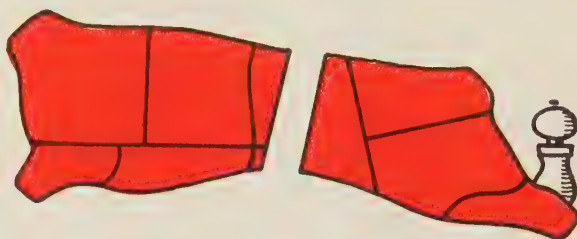
5. In hot butter in heavy skillet, sauté pepper and

onion, stirring, until lightly browned – about 10 minutes. Remove pepper and onion; keep warm.

6. Add oil to skillet. Add steak slices and the marinade. Over high heat, stir-fry until browned – 3 to 4 minutes.

7. Add onion and pepper. Over high heat, cook until liquid in pan is almost gone – 3 minutes. Serve in buns.

MAKES 8 SERVINGS



STEAK ORIENTALE

1-lb first-cut chuck steak, 1/2 inch thick	1 large red pepper, cut in 3/4-inch strips
6 tablespoons butter or margarine	1 pkg (10 oz) frozen Chinese pea pods, thawed
1/4 cup finely chopped onion	1 pkg (8 oz) wide noodles, cooked as label directs, and drained
1 clove garlic, crushed	2 tablespoons butter or margarine
1 1/4 cups water	
2 tablespoons cornstarch	
1/4 cup soy sauce	

1. Wipe steak with damp paper towels. Freeze partially – about 1 hour. Trim off any fat and bone. Slice partially frozen meat on diagonal into paper-thin slices.

2. In 3 tablespoons hot butter in large skillet, over high heat, quickly brown steak slices, about half at a time. Remove slices to another pan as they are browned.

3. Add remaining butter to skillet; add onion and garlic; sauté, stirring, about 5 minutes.

4. In small bowl, dissolve cornstarch in 1/4 cup water; add to skillet, along with 1 cup water and the soy sauce. Bring to boiling; reduce heat and simmer 3 minutes, or until mixture is slightly thickened and translucent. Add meat and pepper strips; simmer, covered, 10 minutes.

5. Add pea pods; heat through – about 1 minute.

6. Toss drained noodles with butter, turn out on heated serving platter; spoon steak-and-vegetable mixture over top.

MAKES 6 SERVINGS

CHUCK STEAK WITH VEGETABLES

2 tablespoons salad oil	3 teaspoons sugar
3-to 3½-lb chuck steak, 1½ to 2 inches thick	2 teaspoons salt
2 onions, thinly sliced	⅓ teaspoon pepper
1 cup water	4 medium potatoes, pared and halved lengthwise (1¼ lb)
1 green apple, pared, cored and thinly sliced	1 head green cabbage (2½ lb), washed and cut into 8 wedges
2 cans (1-lb size) tomatoes, undrained	

1. Heat oil in large 8-quart Dutch oven. Add beef, and brown on all sides – about 30 minutes; remove from Dutch oven.

2. Add onion to Dutch oven, and cook slowly until golden-brown. Add browned steak. Stir in 1 cup water. Add apple and tomatoes; then sprinkle with sugar, salt and pepper.

3. Bring to boiling; reduce heat and simmer, covered, 1½ hours.

4. Add potatoes; cook 15 minutes; add cabbage; simmer, covered, 20 minutes longer, or until meat and vegetables are tender. Serve with pan juices spooned over top.

MAKES 8 SERVINGS



STEAK-AND-VEGETABLE SKILLET DINNER

3 carrots, pared and thinly sliced on diagonal	1 clove garlic, split
½ lb chuck steak, partially frozen	1 pkg (9 oz) frozen cut green beans
2 tablespoons butter or margarine	1 onion, thinly sliced
	½ teaspoon salt
	1 packet (4-serving size) instant mashed potato

1. In about 1 inch lightly salted boiling water, cook carrot, covered, 5 minutes; drain.

2. Slice partially frozen steak very thinly on diagonal.

3. In large skillet, heat 2 tablespoons butter with the garlic; add steak slices; cook quickly until well browned on both sides; remove to warm platter.

4. To drippings in skillet, add carrot, green beans and onion; cook, covered, until vegetables are tender – 5 minutes, adding more butter if needed and stirring once or twice.

5. Discard garlic. Toss vegetables and meat in skillet with ½ teaspoon salt; add a little butter if mixture seems dry. Serve with instant mashed potato, prepared as package label directs, using amount of liquid specified on package and butter and salt for 4 servings.

MAKES 4 SERVINGS

UPSIDE-DOWN CHILI PIE

1 tablespoon salad or olive oil	1 can (8½ oz) kidney beans, undrained
1½ lb ground chuck	½ cup red wine or beef broth
½ cup chopped onion	1 pkg (12 oz) corn muffin mix
1 clove garlic, crushed	1 can (8¾ oz) cream-style corn
1 tablespoon chili powder	1 egg
1¼ teaspoons salt	¼ cup milk
1 teaspoon dried oregano leaves	Grated Cheddar cheese
½ teaspoon dried basil leaves	Chopped parsley
1 can (8¼ oz) tomatoes, undrained	Catsup

1. In hot oil in heavy, 10-inch skillet, sauté chuck, onion, and garlic until chuck is browned – about 5 minutes.

2. Add chili powder, salt, oregano, basil, and tomatoes; mix well. Cook over low heat, covered, 30 minutes. Stir in kidney beans and wine; cook 10 minutes longer.

3. Preheat oven to 400F.

4. In medium bowl, combine corn muffin mix, corn, egg, and milk; mix just until muffin mix is moistened.

5. Skim fat from meat mixture in skillet, and discard. Spread the muffin mixture over the meat mixture evenly.

6. Bake 25 minutes, or until top is golden-brown. Let stand in skillet 2 minutes; then invert onto serving platter. Garnish with grated cheese and parsley. Serve with catsup.

MAKES 8 SERVINGS

SOUVLAKIA

Meatballs	½ cup red wine
1 lb ground beef or lamb	1 teaspoon dried oregano leaves
½ cup soft bread crumbs	¼ teaspoon dried thyme leaves
2 tablespoons water	¼ teaspoon dried rosemary leaves
1 clove garlic, minced	1 chicken-bouillon cube
½ teaspoon dried oregano leaves	2 tablespoons water
½ teaspoon salt	4 loaves Damascus or Arab flat bread
Dash pepper	
½ cup butter or margarine	

1 cup sliced onion	Garnish
1 clove garlic, crushed	1 small tomato, sliced
1 teaspoon salt	4 large onion slices
⅓ teaspoon pepper	1 cup shredded lettuce
3 tablespoons tomato paste	

1. **Make Meatballs:** In medium bowl, combine meat, bread crumbs, 2 tablespoons water, the minced garlic, ½ teaspoon oregano, ½ teaspoon

salt and dash pepper; toss lightly to mix well. Shape into 24 (1-inch) meatballs.

2. In hot butter in large saucepan, sauté meatballs (just enough at a time to cover bottom of pan) until well browned all over – about 10 minutes. Remove meatballs as they brown; continue browning rest.

3. Add 1 cup onion and the crushed garlic to saucepan; sauté about 5 minutes. Return meatballs to saucepan, along with 2 tablespoons water and remaining ingredients, except bread and garnish.

4. Bring to boiling; reduce heat, and simmer, covered, 10 minutes, or until meat is heated through.

5. Preheat oven to 350F. Heat bread 15 minutes, or until heated through. Split each loaf part way through. Fill with meatball mixture. Garnish with tomato, onion and lettuce.

MAKES 4 SERVINGS

GRITS AND GRILLADES

Grillades

1 lb round steak, cut 1/2 inch thick
1/4 cup all-purpose flour
1 1/2 teaspoons salt
1/4 teaspoon pepper
Salad oil

1 large onion, finely chopped
1 small green pepper, finely chopped
3 or 4 cloves garlic, crushed

1 can (16 oz) whole tomatoes, or 2 cups chopped fresh tomatoes
3/4 cup water
Dash hot red-pepper sauce

Grits

1 cup white hominy quick grits
1 teaspoon salt
4 cups boiling water
Butter or margarine

1. **Make Grillades:** Wipe steak with damp paper towels. Cut into strips about 3 inches long and 1/4 inch thick.

2. On sheet of waxed paper, combine flour, 1 1/2 teaspoons salt and the pepper; mix well. Dredge meat in flour mixture; reserve remaining flour mixture.

3. In 1/4 cup hot oil in large skillet over medium heat, brown beef strips, about one third at a time. Lift out as they brown; continue browning rest.

4. Remove skillet from heat; add flour mixture. Cook over low heat, stirring, to brown slightly. (Be careful not to burn.)

5. Add 2 tablespoons oil to browned mixture. Add onion, green pepper and garlic; cook, stirring, 5 minutes, or until vegetables are tender-crisp.

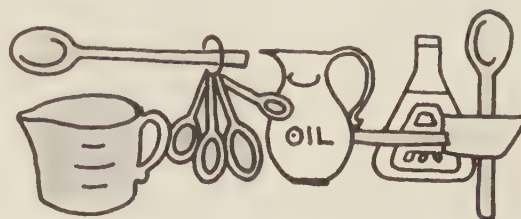
6. Add beef, tomatoes, water and pepper sauce. Bring to boiling; reduce heat, and simmer, covered, about 1 hour, or until beef is tender.

7. Meanwhile, **prepare Grits:** Stir grits slowly into salted boiling water in heavy saucepan. Cook over low heat about 5 minutes, stirring occasionally.

8. Serve grillades over hot buttered grits.

MAKES 6 SERVINGS

Note: If your family does not like grits, substitute mashed potato.



EGGPLANT-AND-MEATPATTIES- PARMIGIANA CASSEROLE

Tomato Sauce

2 tablespoons butter or margarine
1/2 cup chopped onion
1 clove garlic, crushed
1 can (1 lb) tomatoes, undrained
1 can (8 oz) tomato sauce
1 tablespoon sugar
1/2 teaspoon salt
1 teaspoon dried oregano leaves
1/2 teaspoon dried basil leaves
1/4 teaspoon pepper

1 teaspoon seasoned salt
1/8 teaspoon pepper
1/4 cup salad oil

Meatpatties

1 1/2 lb ground chuck
1 egg, slightly beaten
1/2 cup soft bread crumbs (1 slice)
1/4 teaspoon salt
1/4 cup grated Parmesan cheese
1/2 pkg (8-oz size) mozzarella cheese, sliced

1 large eggplant (1 1/2 lb)
1/4 cup all-purpose flour

1. **Make Tomato Sauce:** In hot butter in medium saucepan, sauté onion and garlic until onion is golden-brown – about 5 minutes. Add remaining sauce ingredients; bring to boiling. Reduce heat and simmer, uncovered, 10 minutes.

2. Meanwhile, wash eggplant. Cut crosswise into 1/2-inch-thick slices. Combine flour, seasoned salt and pepper; use to coat eggplant.

3. In 2 tablespoons hot oil in skillet, sauté eggplant slices, a few at a time. Add more oil as needed. Remove slices as they brown.

4. Preheat oven to 350F.

5. **Make Meatpatties:** In medium bowl, combine ground chuck, egg, bread crumbs and salt; mix gently. Shape into 8 patties, 1/2 inch thick. In large skillet, without fat, over medium heat, brown meat patties on each side.

6. Spoon half of tomato sauce into a shallow, round 10-inch baking dish. Arrange eggplant and meat alternately around side of dish. Spoon remaining sauce on top. Sprinkle with Parmesan cheese; top with mozzarella.

7. Bake, uncovered, 20 to 25 minutes, or just until mozzarella is melted and golden.

MAKES 8 SERVINGS

BAKED EGGPLANT CREOLE

1 medium eggplant (about 1½ lb)	2 teaspoons salt
Salt	¼ teaspoon dried thyme leaves
Boiling water	Dash hot red-pepper sauce
½ lb ground beef	2 slices fresh bread, coarsely grated (1 cup)
1 clove garlic, crushed	2 tablespoons seasoned dry bread crumbs
¼ cup finely chopped onion	1 tablespoon butter or margarine, melted
¼ cup finely chopped green pepper	
½ cup finely chopped celery	
1 can (1 lb) tomatoes, undrained	

1. Wash eggplant; cut into 1-inch cubes. Add with ½ teaspoon salt to 1 inch boiling water in kettle; simmer, covered, 10 minutes. Drain; cool. Preheat oven to 375F.

2. In large skillet, sauté beef with garlic until brown. Add onion, green pepper and celery; sauté over low heat about 5 minutes.

3. Stir in tomatoes, 2 teaspoons salt, the thyme, pepper sauce and eggplant. Bring to boiling; cook, uncovered, 10 minutes, stirring frequently. Add fresh bread crumbs.

4. Turn into a 2-quart casserole. Combine dry bread crumbs and butter; sprinkle around edge of casserole.

5. Bake, uncovered, about 15 minutes, or until hot and bubbly.

MAKES 6 SERVINGS



HAMBURGER-PLANK-STEAK DINNER

Fluffy Mashed Potato, right	1 teaspoon salt
	¼ teaspoon pepper
Hamburger Steak	1 pkg (10 oz) frozen broccoli spears
1½ lb lean ground chuck	2 medium tomatoes, halved
¼ cup finely chopped onion	¼ cup butter or margarine, melted
1 tablespoon catsup	¼ cup seasoned dry bread crumbs
1 tablespoon Worcestershire sauce	
1 teaspoon prepared mustard	

1. **Prepare Fluffy Mashed Potato;** set aside.

2. **Prepare Hamburger Steak:** In medium bowl, combine chuck, onion, catsup, Worcestershire, mustard, salt and pepper. Mix gently to combine well.

3. Cover a wooden board or plank with foil. On board, shape mixture into a steak 1¼ inches thick.

4. Broil, 6 inches from heat, 10 minutes. Meanwhile, cook broccoli spears as package label directs.

5. Turn steak with two large spatulas. Place tomatoes alongside. Brush tops with a little melted butter; broil 5 minutes.

6. Remove foil from board. Replace steak and tomatoes on board. Combine bread crumbs with 2 tablespoons melted butter; sprinkle over tomato halves. Arrange drained broccoli on two sides of steak. Drizzle a little melted butter over broccoli.

7. Using a pastry bag with a number-6 decorating tube, pipe mashed potato on board around two sides of steak. Broil 3 to 5 minutes, or until tomatoes and potato are golden.

MAKES 8 SERVINGS

FLUFFY MASHED POTATO

8 medium potatoes (about 2½ lb)	1 cup milk
Boiling water	¼ cup butter or margarine
1 tablespoon salt	

1. Pare potatoes; cut in quarters. Cook in 1 inch boiling water with salt, covered, until tender – 20 minutes. Drain well; return to saucepan.

2. Beat with portable electric mixer (or mash with potato masher) until smooth. Heat slowly, stirring, over low heat to dry out – about 5 minutes.

3. In saucepan, heat milk and butter until butter melts – don't let milk boil.

4. Gradually beat in hot milk mixture until potatoes are smooth, light and fluffy.

MAKES 6 TO 8 SERVINGS

MEAT-LOAF ROULADE

Filling	1 egg
Instant mashed potato for 4 to 5 servings	1¼ lb ground beef
½ cup grated sharp Cheddar cheese	½ teaspoon garlic salt
1 tablespoon chopped onion	½ teaspoon onion salt
	2 tablespoons catsup

1. **Make Filling:** Prepare mashed potato according to package directions, reducing water by one third and omitting salt.

2. Add cheese, onion and egg; mix well. Cool 30 minutes.

3. To assemble: Preheat oven to 350F. In medium bowl, combine ground beef and the garlic and onion salts; mix well.

4. On a 16-inch sheet of foil, roll out meat mixture to a 12-inch square. Spread meat evenly with filling; roll up as for jelly roll.

5. Place meat loaf, seam side down, on lightly

greased baking sheet. Cut four slashes diagonally across top of meat.

6. Bake, uncovered, 35 to 40 minutes, or until meat is done in center.

7. Arrange meat loaf on warm platter. Spoon catsup on top of meat loaf.

MAKES 6 SERVINGS



SURPRISE BURGERS

3/4 lb ground chuck	4 sticks Swiss cheese
2 teaspoons mustard	(5-by-3/4-by-1/2-inch),
1 clove fresh garlic,	about 6 oz
pressed	4 (7-inch) French rolls
1/4 teaspoon salt	Lettuce and red pepper
Dash pepper	slices, for garnish
1/2 cup soft bread crumbs	(optional)
2 tablespoons milk	

1. Preheat oven to 400F.

2. In medium bowl, combine beef, mustard, garlic, salt, pepper, bread crumbs and milk; mix lightly with fork. Divide mixture into fourths.

3. Mold meat mixture around Swiss cheese sticks, covering completely. Arrange on cookie sheets.

4. Bake 15 minutes, or until cheese begins to melt. Heat rolls until crispy.

5. Place burgers in rolls. Garnish with lettuce and sliced red pepper.

MAKES 4 SERVINGS

SKILLET MEAT LOAF

1 egg	1/2 cup finely chopped
1 cup milk	onion
3 slices white bread, cut	1 tablespoon salad oil
into 1/4-inch cubes	1 lb ground chuck
1/2 teaspoon dried savory	1/2 lb lean ground pork
leaves	
1 teaspoon salt	Glaze
1/4 teaspoon pepper	1/2 cup chili sauce
1/4 teaspoon dry mustard	2 tablespoons brown
1/4 teaspoon celery salt	sugar
1 tablespoon	1/3 teaspoon dry mustard
Worcestershire sauce	

1. Preheat oven to 350F.

2. In large bowl, beat egg slightly with fork. Stir in milk, bread cubes, savory, salt, pepper, dry mustard, celery salt and Worcestershire; mix well.

3. Sauté onion in hot oil until tender – about 5 minutes.

4. Add ground chuck, ground pork and onion to bread mixture; mix until well combined, using hands if necessary. Turn meat mixture into lightly

greased 8 1/2-inch skillet with heat-resistant handle. Bake 60 minutes.

5. **Make Glaze:** In small bowl, combine all ingredients, mixing well.

6. Remove meat loaf from oven; drain excess fat. Brush surface with glaze. Bake 15 minutes.

7. To serve: Cut into wedges.

MAKES 8 SERVINGS

MADRAS CURRIED MEATBALLS

Meatballs

1 cup soft white-bread	4 teaspoons curry
crumbs	powder
1/2 cup water	3/4 teaspoon ground
2 lb ground chuck	ginger
2 teaspoons curry	1/2 teaspoon salt
powder	Dash pepper
1 1/2 teaspoons salt	1/4 cup unsifted all-
1/2 teaspoon ground	purpose flour
ginger	1 can (1 lb, 1 oz) fruits for
1/4 teaspoon pepper	salad
2 tablespoons butter or	1 can (10 3/4 oz)
margarine	condensed chicken
2 tablespoons salad oil	broth, undiluted
	2 tablespoons lemon
	juice
Sauce	4 cups cooked long-grain
1/2 cup chopped onion	white rice
1 clove garlic, crushed	
1 cup chopped pared tart	
apple	

1. **Make Meatballs.** In large bowl, combine bread crumbs, 1/2 cup water, the chuck, 2 teaspoons curry powder, 1 1/2 teaspoons salt, 1/2 teaspoon ginger, and 1/4 teaspoon pepper; mix lightly with fork. With hands, lightly shape into 16 meatballs (1/4 cup each).

2. In hot butter and oil in Dutch oven, brown meatballs all over, half at a time. Remove as they are browned.

3. **Make Sauce.** In hot drippings in Dutch oven, sauté onion, garlic, apple, curry powder, ginger, salt, and pepper until onion is tender – about 5 minutes.

4. Remove from heat, stir in flour until smooth.

5. Drain fruit, reserving 2/3 cup juice. Gradually stir juice, then chicken broth into mixture in Dutch oven. Return to heat; cook, stirring, until mixture boils.

6. Add meatballs; simmer, covered 25 minutes. Add fruit and lemon juice; heat 5 minutes.

7. Meanwhile, cook rice as package label directs.

8. To serve: Spoon rice onto large heated platter; mound meatballs with fruit and some of sauce in center. Pass rest of sauce.

MAKES 4 TO 6 SERVINGS



AUTUMN BEEF STEW

1 tablespoon butter or margarine	1 teaspoon Worcestershire sauce
1 tablespoon salad oil	1 teaspoon salt
2 lb boneless chuck, cut into 1½-inch cubes	¼ teaspoon pepper
2 cloves garlic, crushed	1 can (10½ oz) condensed beef broth, undiluted
6 large carrots (1 lb), pared and cut in half	Water
8 medium onions, peeled	5 large potatoes, pared and halved (2 lb)
½ teaspoon dried basil leaves	2 tablespoons all-purpose flour

1. In hot butter and oil in 6-quart Dutch oven, brown beef well on all sides – about 20 minutes.
2. Add garlic, 1 carrot, 2 onions, the basil, Worcestershire, salt, pepper and beef broth, plus 1 can water.
3. Bring to boiling; reduce heat; simmer, covered, one hour. Remove vegetables, and purée them; reserve.
4. Add remaining carrots, onions and the potatoes. Simmer, covered, until meat and vegetables are fork-tender – about 30 minutes. Remove meat and vegetables to warm serving platter.
5. Measure liquid in Dutch oven; add water to make 2 cups. Return to Dutch oven. In small bowl, combine flour with ¼ cup water, stirring until smooth.
6. Add flour mixture to liquid in Dutch oven. Bring to boiling, stirring; boil 3 minutes. Add puréed vegetables.
7. Spoon some of the sauce over the beef. Pass rest of sauce.

MAKES 8 SERVINGS

ZUCCHINI MOUSSAKA Pictured

Meat Sauce	Salt
2 tablespoons butter or margarine	
1 cup finely chopped onion	Cream Sauce
¾ lb ground chuck or lamb	2 tablespoons butter or margarine
1 clove garlic, crushed	2 tablespoons all-purpose flour
½ teaspoon dried oregano leaves	½ teaspoon salt
1 teaspoon dried basil leaves	Dash pepper
½ teaspoon ground cinnamon	2 cups milk
1 teaspoon salt	2 eggs
Dash pepper	
2 cans (8-oz size) tomato sauce	3 tablespoons grated Parmesan cheese
8 medium zucchini (2½ to 3 lb)	3 tablespoons grated Cheddar cheese
	2 tablespoons dry bread crumbs

1. **Make Meat Sauce:** In 2 tablespoons hot butter in 3½-quart Dutch oven, sauté onion, chuck and garlic, stirring, until brown – 10 minutes. Add oregano, basil, cinnamon, 1 teaspoon salt, dash pepper and the tomato sauce; bring to boiling, stirring. Reduce heat; simmer, uncovered, ½ hour.

2. Wash zucchini; cut in half lengthwise. Add, with 1 teaspoon salt, to 1 inch boiling water; cook, covered, over medium heat just until tender, not mushy – 8 to 10 minutes. Drain well.

3. **Make Cream Sauce:** In medium saucepan, melt butter. Remove from heat; stir in flour, salt and pepper. Add milk gradually. Bring to boiling, stirring until mixture is thickened. Remove from heat. In small bowl, beat eggs with wire whisk. Beat in some hot cream sauce mixture; return mixture to saucepan; mix well. Set aside.

4. Preheat oven to 350F. To assemble casserole: In bottom of a shallow 2-quart baking dish (12 by 7½ by 2 inches), layer half of zucchini, overlapping slightly; then sprinkle with 2 tablespoons each grated Parmesan and Cheddar cheeses.

5. Stir bread crumbs into meat sauce; spoon evenly over zucchini in casserole; layer rest of zucchini slices, overlapping, as before.

6. Pour cream sauce over all. Sprinkle top with remaining cheese. Bake 35 to 40 minutes, or until golden-brown and top is set. If desired, brown top a little more under broiler – 1 minute. Cool slightly to serve. Cut in squares.

MAKES 12 SERVINGS



OXTAIL RAGOUT

4 lb oxtails, cut crosswise in 2-inch pieces (if frozen, let thaw)	1 teaspoon dried thyme leaves
All-purpose flour	2 bay leaves
1/4 cup butter or margarine	1 can (10 1/2 oz) condensed beef broth, undiluted
1 cup chopped celery	Water
1 cup chopped onion	1 cup tomato juice
4 sprigs parsley	8 carrots (1 1/2 lb), pared and cut into 1 1/2-inch pieces
1 clove garlic, crushed	2 lb potatoes, pared and halved
1/4 teaspoon black peppercorns	
2 teaspoons salt	

1. Day before: Wash oxtails under cold water; dry with paper towels. Coat oxtails with 3 tablespoons flour. In some of hot butter in a 6-quart Dutch oven, brown oxtails, half at a time, turning with tongs to brown well all over; add butter as needed. Lift out the oxtails as they are browned. (Slow browning gives better flavor and color – takes about 30 minutes in all.)

2. To fat in Dutch oven, add chopped celery and onion, parsley, garlic, peppercorns, salt, thyme and bay leaves. Sauté over medium heat, stirring, until onion is golden – about 5 minutes.

3. Add browned oxtails, beef broth and 2 cups water. Bring to boiling; reduce heat; simmer, covered, over low heat 3 hours or until oxtails are tender. Remove from heat; stir in tomato juice. Cool to room temperature; refrigerate, covered, overnight.

4. Next day, about an hour before serving: With metal spoon, skim off hardened layer of fat from surface and discard. Heat oxtails slowly over low heat, stirring occasionally; bring just to boiling point.

5. Meanwhile, prepare carrots and potatoes. Add to oxtail mixture; bring back to boiling; reduce heat and simmer, covered, until vegetables are tender when pierced with fork. Discard bay leaves.

6. To 2 tablespoons flour in small bowl, stir in 1/4 cup cold water; mix with fork until smooth. Stir into bubbling liquid in Dutch oven. Simmer, stirring occasionally, until sauce has thickened – about 5 minutes. Sprinkle top of the ragout with chopped parsley, if desired.

MAKES 8 SERVINGS

SAUTÉED LIVER ALSACIENNE

1 1/2 lb beef liver, sliced 1/4 inch thick	Salt
1 cup milk	1/3 cup all-purpose flour
1/2 cup butter or margarine	1/8 teaspoon pepper
4 medium onions, thinly sliced	2 medium-size red apples
	Parsley

1. Wash liver. Place in a shallow pan. Add milk, turning slices to coat well. Refrigerate 1/2 hour.

2. Heat half of butter in large skillet. Add onion slices and 1/8 teaspoon salt. Cook over low heat, stirring occasionally, until onion begins to brown – about 15 minutes.

3. Meanwhile, drain liver well. Combine flour, 1 teaspoon salt and the pepper; use flour mixture to coat liver well.

4. Wash and core apples. Trim ends, and cut each crosswise into 3 slices. Add to skillet with onion, and cook until tender and golden on each side – about 10 minutes.

5. Heat remaining butter in another large skillet. Add liver slices, and sauté until golden-brown on each side – 3 to 4 minutes per side.

6. To serve: Place liver on heated platter. Top with onion and apple slices; garnish with parsley.

MAKES 4 TO 6 SERVINGS



VENETIAN LIVER WITH POLENTA

1 lb beef liver, sliced 1-inch thick	1 lb onions, thinly sliced
3 tablespoons all-purpose flour	1/2 teaspoon dried sage leaves
1 teaspoon salt	1/4 cup dry white wine
1/8 teaspoon pepper	1 tablespoon lemon juice
3 tablespoons butter or margarine	2 tablespoons chopped parsley
3 tablespoons olive or salad oil	Polenta, page 16

1. With paper towels, pat liver dry. Cut into strips 1/8-inch wide (see Note).

2. On sheet of waxed paper, combine flour, salt and pepper. Roll liver in mixture, coating well.

3. In large skillet, heat butter and 2 tablespoons oil. Sauté liver strips, turning frequently, until lightly browned on all sides – about 5 minutes. Remove, and set aside.

4. Add remaining oil to skillet. Sauté onion slices, stirring frequently, until golden – about 10 minutes.

Add sage. Cook, covered, over low heat 5 minutes. 5. Combine liver with onion mixture, tossing lightly. Cook, covered, over low heat 5 minutes. Remove liver and onion to serving dish.

6. To drippings in skillet, add white wine and lemon juice; bring to boiling, stirring. Pour over liver and onion. Sprinkle with chopped parsley. Arrange squares of Polenta, overlapping, around edge of platter.

MAKES 6 SERVINGS

Note: To make liver easier to slice thinly, place in freezer just long enough to chill thoroughly.

POLENTA

2 cups water
1½ teaspoons salt
1 cup yellow cornmeal
2 tablespoons melted butter

2 tablespoons grated
Parmesan cheese

1. Lightly butter an 8-by-8-by-1¾-inch baking pan.
2. In heavy 4-quart Dutch oven, bring 2 cups water and the salt to boiling. Slowly add cornmeal, stirring constantly. Mixture will become very thick.
3. Turn heat low; cook cornmeal mixture, uncovered and without stirring, about 5 minutes.
4. Turn into prepared baking pan; let stand 20 minutes. To serve: loosen around edges and underneath with spatula. Invert on warm serving platter. *Note:* For liver with Polenta (page 15) invert on board and cut into 2-inch squares.

BOILED SHIN OF BEEF WITH GRAVY

6-to-6½-lb shin of beef
2½ quarts water

¼ teaspoon pepper

Stuffing

2 tablespoons butter or
margarine
¾ cup finely chopped
onion
½ cup finely chopped
celery
1 can (3 oz) sliced
mushrooms, drained
½ teaspoon salt

Gravy

3 tablespoons all-
purpose flour
3 tablespoons water
2 cups reserved beef
stock
½ teaspoon liquid gravy
seasoning
1 teaspoon soy sauce
½ teaspoon salt
⅛ teaspoon pepper

1. Cut meat from bone in one piece; set meat aside.
2. Place bone in 6-quart kettle; cover with 2½ quarts cold water.
3. Bring to boiling; skim off fat from surface. Reduce heat; simmer, covered, 1 hour.
4. **Make Stuffing.** Slowly melt butter in medium skillet. Add onion, celery, mushrooms, salt, and pepper.
5. Cook, stirring, over medium heat, until vegetables are tender – about 15 minutes. Set ⅓ cup of the vegetable mixture aside for gravy.
6. Spread inside surface of meat with rest of vegetable mixture. Roll up, jelly-roll fashion; secure with twine.
7. Remove bone from stock; discard bone. Add meat to stock; simmer, covered, 2½ to 3 hours, or until meat is very tender.
8. Remove meat to platter; discard twine. Cover, and keep warm. Strain stock, reserving 2 cups for gravy.
9. **Make Gravy.** Combine flour with 3 tablespoons cold water in small saucepan. Stir into stock; bring to boiling, stirring; boil 1 minute.

10. Add reserved vegetable mixture and rest of gravy ingredients; simmer, uncovered, 5 minutes. Pass gravy along with meat.
- MAKES 6 SERVINGS

Veal

BAKED STUFFED BREAST OF VEAL

Pictured

Salt
Pepper
4 tablespoons unsifted
all-purpose flour
5-lb breast of veal, with
pocket for stuffing
¼ cup salad oil
2½ cups rye-bread cubes
(½-inch)
1 can (10½ oz)
condensed beef
consommé, undiluted
2 eggs, beaten
1 clove garlic

2 tablespoons chopped
parsley
¾ cup finely chopped
onion
1 teaspoon caraway
seed
3 teaspoons prepared
mustard
Water
1 tablespoon Worcester-
shire sauce
1 teaspoon liquid gravy
seasoning

1. Preheat oven to 325F.
2. On large sheet of waxed paper, blend 1 teaspoon salt, ⅛ teaspoon pepper, and 2 tablespoons flour. Coat veal on all sides with flour mixture.
3. Heat oil in 12-inch skillet, and brown veal. Remove veal from skillet, and let cool. Discard any fat in pan.
4. In medium bowl, combine bread cubes, ½ cup undiluted consommé, the eggs, garlic, parsley, onion, caraway seed, 1 teaspoon prepared mustard, ½ teaspoon salt, and ¼ teaspoon pepper; mix well.
5. Spoon mixture into veal pocket, pushing mixture well into cavity. Place veal, meaty side up, in a 15-by-10-by-2-inch roasting pan. Add remaining consommé, ½ cup water, ¼ teaspoon salt, and ⅛ teaspoon pepper. Cover pan with foil, securing edges tightly. Bake 2 to 2½ hours, or until tender. Remove veal to platter; keep warm.
6. Meanwhile, make sauce: Measure drippings from pan; strain; add water, if necessary, to make 2 cups; pour into small saucepan. Mix 2 tablespoons flour and ¾ cup water together smoothly; stir into pan liquid, along with remaining mustard, the Worcestershire, and gravy seasoning. Bring mixture to boiling, stirring, until mixture is slightly thickened and smooth.
7. To serve, cut veal in slices; pass sauce in heated sauceboat.

MAKES 6 TO 8 SERVINGS



Lamb

LAMB-AND-FRUIT CURRY

2-lb lamb shoulder, cut into 1½-inch cubes	2 tablespoons curry powder
2 tablespoons salad or peanut oil	2 tablespoons all-purpose flour
2 medium onions, thinly sliced	1½ teaspoons salt
1 teaspoon dried thyme leaves	2½ cups water
1 tablespoon chopped parsley	2 medium-size green apples
	3 bananas (1 lb)
	1 can (8 oz) pineapple chunks, undrained

1. Trim any excess fat from lamb, and discard. Wipe lamb with damp paper towels.
2. In a 4-quart Dutch oven, heat oil. Add onion; sauté until golden – several minutes. Add thyme and parsley; cook 1 minute longer.
3. Add lamb cubes; sauté, turning, until browned on all sides – about 25 minutes.
4. Meanwhile, in small bowl, combine curry powder, flour and salt; mix well.
5. Sprinkle curry mixture over browned meat. Cook, stirring, 2 minutes. Add 2½ cups water; mix well. Simmer, covered, 50 to 60 minutes, or until meat is tender.
6. Cut unpared apples into eighths; remove cores. Add apple wedges to the curry mixture, and let them cook 5 minutes.
7. Peel bananas; cut into ½-inch chunks. Add with pineapple, to curry mixture; stir gently. Cook over low heat 5 minutes. Turn onto heated serving platter. Serve with rice.

MAKES 6 TO 8 SERVINGS

LAMB-AND-RATATOUILLE CASSEROLE

2 tablespoons salad oil	3 teaspoons salt
2 lb lamb shoulder, cut in 1½-inch cubes	Dash pepper
2 medium onions, sliced	½ lb zucchini, sliced
1 clove garlic, crushed	1 pkg (9 oz) frozen artichoke hearts
2 teaspoons curry powder	2 cans (1-lb size) tomatoes
1 chicken-bouillon cube, crushed	Chopped parsley
2 lb potatoes, pared and very thinly sliced	

1. In hot oil in large skillet, sauté lamb cubes, one third at a time, until browned well on all sides (takes about 20 minutes in all). Remove lamb as it browns. Preheat oven to 350F.

2. Add onion, garlic, curry powder and bouillon cube to drippings in skillet; sauté until onion is golden – about 5 minutes.
 3. Return lamb cubes to skillet, mixing well.
 4. In a 3-quart casserole, arrange a layer of half of meat mixture and half of potato, salt, pepper, zucchini, artichoke hearts and tomatoes (use 1 can drained and 1 can undrained). Make a second layer with other half of these ingredients.
 5. Bake, covered, 1½ hours. Remove cover; continue baking 1 hour longer, or until lamb and potato are tender. To serve, sprinkle top with parsley.
- MAKES 6 TO 8 SERVINGS

BARBECUED LAMB RIBLETS

10 lb lamb riblets	½ cup honey
½ lemon, sliced	¼ cup dark-brown sugar, packed
2 stalks celery, sliced	¼ cup cider vinegar
1 onion halved	⅛ teaspoon hot red-pepper sauce
¼ cup cider vinegar	½ teaspoon salt
1 teaspoon salt	¼ cup salad oil
4 black peppercorns	1 slice lemon
5 quarts water	1 cup water
Barbecue Sauce	
1 bottle (14 oz) catsup	

1. In large 8-to-10-quart kettle, place lamb riblets, sliced ½ lemon, the celery, onion, ¼ cup vinegar, 1 teaspoon salt, the peppercorns, and 5 quarts water. Bring to boiling; reduce heat, and simmer, covered, 45 minutes, or until riblets are very tender. Remove from heat; let riblets cool in broth.
 2. Meanwhile, **make Barbecue Sauce:** In 2-quart saucepan, combine all barbecue-sauce ingredients, along with 1 cup water. Bring to boiling; reduce heat, and simmer, uncovered, 20 minutes.
 3. When ready to broil, drain riblets, and discard broth. Arrange riblets on broiler rack, bone side up. Brush with some of barbecue sauce.
 4. Place rack in broiler, 4 to 5 inches from heat. Broil riblets 10 minutes; brush with sauce, and broil 5 minutes longer. Turn with tongs; brush with sauce. Broil 10 minutes; brush with sauce, and continue broiling 10 to 15 minutes, longer, or until riblets are browned and glazed.
 5. To serve: Cut riblets into serving-size pieces, and pile on large serving platter. Garnish with celery tops and lemon slices, if desired.
- MAKES 6 TO 8 SERVINGS

LAMB SHANKS AND WHITE BEANS

1 lb Great Northern white beans or pea beans	1 teaspoon dried thyme leaves
Water	1 can (1 lb, 12 oz) tomatoes, undrained
4 lamb shanks	3 teaspoons salt
1/4 cup butter or margarine	1/2 teaspoon pepper
2 cups sliced onion	2 tablespoons chopped parsley
1 clove garlic, crushed	
2 bay leaves	

1. Day before, cover beans with cold water; refrigerate; let stand, covered, overnight.
 2. Next day, drain beans. In 8-quart kettle, bring 6 cups water to boiling. Add beans, simmer, covered, 1 1/2 hours, or just until beans are tender but not mushy. Drain beans; reserve liquid.
 3. Meanwhile, wipe lamb shanks with damp paper towels. In hot butter in 12-inch skillet, brown lamb shanks all over – about 30 minutes. Remove.
 4. To remaining fat in skillet, add onion; sauté, stirring until golden – 5 minutes.
 5. Return lamb shanks to skillet, along with garlic, bay leaves and thyme; sauté one minute.
 6. Add tomatoes; mix well; simmer, covered, 1 hour.
 7. Meanwhile, preheat oven to 375F.
 8. Remove lamb shanks from skillet. In shallow roasting pan, combine drained beans and tomato mixture in skillet; mix well.
 9. Place lamb shanks on top of bean mixture; add some of bean liquid if mixture seems dry. Sprinkle with salt and pepper.
 10. Bake, uncovered, 1/2 hour; turn shanks; bake, uncovered, 1/2 hour longer or until lamb shanks are tender. (If necessary, add a little more bean liquid.)
 11. Before serving, sprinkle with chopped parsley.
- MAKES 8 TO 10 SERVINGS

LAMB-AND-KIDNEY PIE

1 1/2 lb lamb shoulder (1 lb boneless lamb)	3 tablespoons all-purpose flour
1/2 lb lamb kidneys	1/4 cup water
2 tablespoons salad oil	4 medium carrots, pared and coarsely chopped
1 cup chopped onion	Instant mashed potato for 4 to 5 servings
1 clove garlic, crushed	Paprika
1 cup chicken broth	
1 teaspoon salt	
1/8 teaspoon pepper	

1. Trim any fat from lamb and kidneys. Cut lamb and kidneys into 1-inch cubes.
2. In hot oil in heavy saucepan, sauté onion and gar-

- lic until tender – about 5 minutes. Add lamb and kidney (about one half at a time); sauté, stirring, until nicely browned all over – 15 minutes in all.
3. Add chicken broth, salt and pepper; simmer, covered and stirring occasionally, until meat is almost tender – about 30 minutes. Dissolve flour in 1/4 cup cold water. Add to lamb mixture. Add the carrots, and cook 30 minutes longer.
 4. Meanwhile, prepared mashed potato as package label directs.
 5. Turn lamb mixture into 2-quart baking dish. Turn potato into a large pastry bag with a number-six tube in place. Pipe potato on top of dish to make a lattice. Sprinkle potato with paprika. Run under broiler, or bake in 450F oven, just to brown top.
- MAKES 6 SERVINGS

SPRING-LAMB-AND-CARROT LOAF

1 egg	Glazed Carrot Slices
2 cups grated carrot	3 large carrots, pared and cut on diagonal, 1/8 inch thick
1/2 cup catsup	Salt
1 1/2 cups soft bread crumbs	2 tablespoons butter or margarine
1/2 cup finely chopped onion	1/4 cup light-brown sugar
1/4 cup chopped parsley	2 tablespoons lemon juice
1 teaspoon salt	
1/4 teaspoon pepper	
1 1/2 lb lean ground lamb	

1. Preheat oven to 350F.
 2. In large bowl, beat egg slightly with fork. Stir in grated carrot, catsup, bread crumbs, onion, parsley, salt and pepper; mix well. Set aside 5 minutes.
 3. Add ground lamb; mix just until well combined.
 4. In shallow roasting pan, with moistened hands, shape lamb mixture into an oval loaf, 9 inches long, 5 inches wide at center; taper ends slightly. Bake 1 hour.
 5. **Prepare Glazed Carrot Slices.** Place sliced carrots in medium saucepan with 1-inch-deep salted boiling water; simmer, covered, 10 to 15 minutes, or until tender. Drain.
 6. Melt butter in medium skillet. Add sugar and lemon juice. Stir over medium heat just until sugar is melted. Add drained carrot slices. Cook, stirring occasionally, until carrots are glazed.
 7. Remove lamb loaf to hot platter. Overlap carrot slices, in rows, to cover the loaf. Spoon any remaining glaze over carrots; or, if desired, pour carrots and glaze over loaf. Serve immediately.
- MAKES 8 SERVINGS



Pork

BAKED PORK CHOPS WITH APPLES

6 rib pork chops, 1 inch thick (2½ lb)
1½ teaspoons rubbed sage
1½ teaspoons salt
¼ teaspoon pepper
1 lb carrots, pared
2 cups sliced onion
1 lb tart cooking apples, pared and quartered
¼ cup light-brown sugar

1. Preheat oven to 350F.
2. Wipe pork chops with damp paper towels. Trim off fat.
3. On waxed paper, combine sage, salt and pepper. Dip both sides of chops in seasoning.
4. Slice carrots diagonally ½ inch thick. Layer in 3-quart casserole or baking dish. Top with half of onion. Then add chops, slightly overlapping; sprinkle with any remaining seasoning. Cover chops with remaining onion. Arrange apple quarters over all; sprinkle with brown sugar.
5. Bake, covered, 2½ hours. Remove cover; baste with pan juices. Bake 30 minutes, or until tender.
6. Let stand for 5 minutes; then skim off fat.

MAKES 6 SERVINGS

PORK-CHOP-AND-WHITE-BEAN CASSEROLE

1 lb (2 cups) dried white navy beans
Water
4 teaspoons salt
¼ teaspoon pepper
2 cloves garlic, crushed
1 bay leaf
6 rib or shoulder pork chops (3 lb)
1 teaspoon salt
¼ teaspoon pepper
2 onions, finely chopped (about 2 cups)
1 green pepper, finely chopped (about 1 cup)
1 can (1 lb) tomatoes, undrained
1 teaspoon dried oregano leaves
1 teaspoon dried thyme leaves
¼ cup finely chopped parsley

1. Day before: Cover beans with cold water; refrigerate, covered, overnight.
2. Next day, drain beans; turn into a 6-quart Dutch oven; cover with 5 cups cold water. Add 4 teaspoons salt, ¼ teaspoon pepper, the garlic and bay leaf. Bring to boiling; reduce heat; simmer gently, covered, 1 hour, or until beans are just tender, stirring several times during cooking. Drain. Preheat oven to 350F.
3. Meanwhile, wipe pork chops with damp paper

towels. Trim extra fat from chops; heat fat in a large skillet.

4. Add chops to skillet; brown on both sides; sprinkle with salt and pepper. Arrange in 3½-quart shallow baking dish.

5. In hot fat, sauté onion until golden – about 5 minutes. Add green pepper, tomatoes, oregano, thyme and parsley; cook 5 more minutes. Stir vegetable mixture into drained beans. Pour over chops.

6. Bake, covered tightly with foil, 1¼ to 1½ hours, or until chops are tender. If desired, pull chops to top, and garnish top with chopped parsley before serving.

MAKES 6 SERVINGS



HAWAIIAN PORK CHOPS

8 loin pork chops, about 1 inch thick (3 lb)
3 tablespoons all-purpose flour
2 teaspoons seasoned salt
¼ teaspoon pepper
¼ teaspoon ground ginger
2 tablespoons salad oil or shortening
1 can (1 lb, 4 oz) pineapple slices
10 large prunes, pitted
8 medium carrots, pared
1 tablespoon cornstarch

1. Wipe pork chops with damp paper towels. Trim off fat, if necessary. Mix flour with salt, pepper, and ginger; use to coat chops.

2. In hot oil in large skillet, brown chops well on both sides – about 20 minutes in all.

3. Drain pineapple, reserving liquid. On top of each browned chop, in a single layer in skillet, arrange a pineapple slice with a prune in the center.

4. Arrange remaining pineapple and prunes and the whole carrots between chops. Pour all but ¼ cup reserved pineapple liquid over all. Bring to boiling; reduce heat, and simmer, covered, 45 to 50 minutes, or until chops and carrots are tender.

5. With slotted utensil, remove chops, with fruit and carrots, to heated serving platter. Keep warm.

6. In small bowl, mix cornstarch with ¼ cup pineapple liquid. Stir into drippings in skillet; bring to boiling, stirring; boil 1 minute. Pour over chops.

MAKES 8 SERVINGS

PORK-AND-POTATO HOT POT

6 shoulder or rib pork chops (about 3 lb)	2 teaspoons bottled steak sauce
1/4 cup all-purpose flour	1 lb onions, peeled and sliced
2 teaspoons salt	6 carrots, pared and sliced (1 lb)
1/2 teaspoon pepper	6 potatoes, pared and sliced (2 1/2 lb)
1 can (10 3/4 oz) condensed chicken broth, undiluted	

1. Preheat oven to 350F. Trim excess fat from pork chops. Heat trimmed fat in large, heavy skillet.
2. On waxed paper, combine flour, salt and pepper; dip chops in flour mixture, coating lightly. Reserve remaining flour mixture.
3. In hot fat, brown chops on both sides. Remove from heat; remove chops from skillet.
4. Stir reserved flour mixture into 2 tablespoons drippings in skillet until smooth. Gradually stir in chicken broth and steak sauce; bring to boiling, stirring constantly. Reduce heat; simmer 1 minute. Remove from heat.
5. In 3 1/2-quart casserole, layer half of onion and carrot; add browned chops. Add half of potato and the remaining onion. Arrange remaining potato and carrot slices, overlapping, over top. Pour broth mixture over all.
6. Bake, covered, 2 hours. To serve: Arrange several chops on top.

MAKES 6 SERVINGS

PORK CHOPS WITH POTATO-CORN CAKES

6 rib or shoulder pork chops (2 to 2 1/2 lb)	2 tablespoons margarine
1/4 cup all-purpose flour	1 cup sliced onion
1 teaspoon salt	1 cup apple juice
1 teaspoon dried thyme leaves	Potato-Corn Cakes, right
Dash pepper	1 cup boiling water

1. Wipe pork chops with damp paper towels. Trim excess fat, and reserve. On sheet of waxed paper, combine flour, salt, thyme and pepper. Use to coat chops evenly on both sides; reserve remaining flour mixture.
2. In reserved pork fat in large skillet, brown pork chops, turning on each side, until golden-brown – about 20 minutes in all. Remove chops.
3. To fat remaining in skillet, add margarine. Add onion, and sauté, stirring, until golden – about 5 minutes.
4. Return chops to skillet; add apple juice. Simmer, covered, 50 to 60 minutes, or until meat is tender.
5. Meanwhile, make Potato-Corn Cakes.
6. Turn pork chops onto heated serving platter. Add remaining flour mixture to skillet; mix well. Add 1

cup boiling water to skillet. Return to boiling, loosening brown drippings from skillet. Continue boiling about 3 minutes; strain. If desired, add a little salt.

7. To serve, arrange Potato-Corn Cakes around chops; pass sauce.

MAKES 6 SERVINGS



POTATO-CORN CAKES

Margarine	3 cups mashed potato
1/2 cup finely chopped onion	1/8 teaspoon pepper
1 can (12 oz) whole-kernel corn, drained	1 egg yolk

1. In 2 tablespoons margarine in small skillet, sauté onion, stirring, until golden – about 5 minutes. Add corn; mix well. Remove from heat.
2. In large mixing bowl, combine potato, onion mixture, pepper and egg yolk; mix with wooden spoon until well blended.
3. Measure 1/2 cup potato-corn mixture for each cake. With hands, shape into a flat round 3 inches in diameter.
4. In 1/4 cup hot margarine in large skillet, sauté cakes, turning until hot and well browned on both sides.

MAKES 12

PORK CHOP SUEY

2 tablespoons salad oil	2 cups slivered leftover roast pork
1 cup thinly sliced onion	1 can (16 oz) bean sprouts, drained
2 cups sliced celery	1 tablespoon cornstarch
1/2 cup leftover pork gravy (see Note)	
1 can (10 1/2 oz) condensed cream-of-mushroom soup, undiluted	1/2 cup water
1/4 cup soy sauce	3 cups cooked long-grain white rice, or 1 can (3 oz) Chinese noodles

1. In hot oil in large skillet, sauté onion and celery, stirring, until onion is golden – about 10 minutes.
2. Add gravy, soup and soy sauce; bring to boiling, stirring. Add pork and bean sprouts; return to boiling. Reduce heat; simmer, covered, 5 minutes.
3. Combine cornstarch with 1/2 cup cold water, stirring until smooth. Add some of the hot mixture to the cornstarch; return to skillet, mixing well.
4. Bring to boiling, stirring, until mixture is thickened and translucent – about 5 minutes. Serve over rice.

MAKES 6 SERVINGS

Note: Or use 1/2 cup canned chicken gravy.

BARBECUED SPARERIBS

Barbecue Sauce (see Note)	1/4 teaspoon dry mustard
2 tablespoons salad oil	1 1/4 teaspoons salt
1/2 cup chopped onion	1/4 teaspoon black pepper
1 cup tomato catsup	
1 cup water	3 lb country-style pork ribs
2 tablespoons cider vinegar	5 large potatoes (about 2 1/2 lb)
1 tablespoon brown sugar	1/4 cup salad oil
1 tablespoon Worcestershire sauce	Paprika

- 1. Make Barbecue Sauce:** In hot oil in medium saucepan, over medium heat, sauté onion, stirring, until golden – about 5 minutes.
 - Add catsup, 1 cup water, the vinegar and brown sugar; simmer, covered, 20 minutes.
 - Stir in remaining sauce ingredients. Simmer, covered, 10 minutes. Makes 2 cups.
 - Preheat oven to 375F. Wipe meat with damp paper towels. Arrange spareribs in single layer in shallow roasting pan.
 - Brush with barbecue sauce. Bake, uncovered (basting every 20 minutes), one hour and 20 minutes, turn after 40 minutes.
 - Meanwhile, pare potatoes; cut lengthwise into 1/2-inch pieces, then crosswise in 1/2-inch pieces.
 - Place in shallow pan; toss in salad oil, and sprinkle with paprika.
 - Bake along with ribs, turning occasionally, about 1 1/4 hours, or until lightly browned and crisp.
- MAKES 8 SERVINGS**
Note: Or use your favorite prepared barbecue sauce.

COUNTRY RIBS WITH SAUERKRAUT AND POTATO

3 1/2-lb country-style pork ribs	1/4 teaspoon pepper
1 cup chopped onion	1/2 bay leaf
1 clove garlic, pressed	2 lb sauerkraut, undrained
Boiling water	8 large potatoes (3 lb)
1 can (1 lb) stewed tomatoes	1 tablespoon chopped parsley
Salt	

- Wipe ribs with damp paper towels.
- Rub a large, heavy skillet with a slice of fat from the ribs. Heat skillet; sauté pork ribs, several at a time, until well browned all over – about 20 minutes in all; remove browned ribs to pan. Pour off excess fat.
- In remaining fat in skillet, sauté onion and garlic, stirring, until golden – about 5 minutes.
- Return pork ribs to skillet. Add 1 cup boiling

water, the stewed tomatoes, 1 teaspoon salt, the pepper and bay leaf. Bring to boiling; simmer, covered, 30 minutes.

5. Add sauerkraut; continue cooking 60 minutes, or until meat is tender.

6. Meanwhile, wash and pare potatoes. Turn into 3 1/2-quart saucepan. Cover with boiling water; add 1 teaspoon salt. Cook, covered, 35 minutes, until tender. Drain.

7. Turn pork ribs and sauerkraut into large warm serving dish. Arrange potatoes in center; sprinkle with parsley.

MAKES 8 SERVINGS



ROAST FRESH PORK WITH STUFFING

Stuffing	1 teaspoon salt
2 tablespoons butter or margarine	1/4 teaspoon pepper
1/3 cup chopped onion	2 cups sliced onion
6 slices white bread, cubed	1 can (10 3/4 oz) condensed chicken broth, undiluted
2 tablespoons chopped parsley	2 lb small sweet potatoes, pared (6)
1/2 teaspoon dried thyme leaves	3 large baking apples, cut into quarters
1/2 teaspoon salt	3 tablespoons all-purpose flour
Dash pepper	1/4 cup water

4-lb bone-in fresh pork shoulder

1. Make Stuffing: In hot butter in medium skillet, sauté chopped onion, stirring, until tender – about 5 minutes. Remove from heat; add bread cubes, parsley, thyme, 1/2 teaspoon salt and dash pepper. Toss lightly to combine.

2. Preheat oven to 375F.

3. Wipe pork with damp towels. Make slashes in fat on top (not in meat). Make a large pocket above the bone. Rub with salt and pepper. Fill pocket with stuffing. Place pork, fat side up, in shallow, open roasting pan.

4. Roast, uncovered, 1 hour. Remove from oven. Reduce temperature to 350F.

5. Drain drippings from pan, and discard. Arrange onion slices around pork; pour chicken broth into pan. Insert meat thermometer into thickest part of meat; it should not rest on bone or fat. Cover with foil.

6. Roast, covered, 1 hour. Arrange sweet potatoes

around pork. Roast, covered 45 minutes. Arrange apple quarters around pork. Roast, covered, 15 minutes, or until apples and potatoes are tender. Remove from oven. Pour drippings into medium saucepan, and set aside.

7. Skim off excess fat from drippings in saucepan. Measure liquid; add water to make $1\frac{3}{4}$ cups; return to saucepan. Mix flour with $\frac{1}{4}$ cup water until smooth. Stir into drippings; bring to boiling, stirring constantly. Reduce heat, and simmer 3 minutes. Serve with pork.

MAKES 6 SERVINGS

SMOKED PORK BUTT, CARROTS AND CABBAGE

2 $\frac{1}{4}$ -lb boneless smoked pork shoulder butt	1 tablespoon sugar
Water	2 tablespoons butter or margarine

4 black peppercorns
2 whole cloves
1 bay leaf
 $\frac{1}{2}$ cup apricot preserves

Buttered Cabbage

2 $\frac{1}{4}$ teaspoons salt
3 quarts shredded cabbage (2 $\frac{1}{2}$ lb)

Buttered Carrots

4 large carrots, pared and cut on diagonal into $\frac{1}{8}$ -inch thick slices

$\frac{1}{4}$ cup butter or margarine
1 tablespoon cider vinegar
 $\frac{1}{4}$ teaspoon pepper

$\frac{1}{2}$ teaspoon salt

1. Remove wrapping from pork butt. Place butt in 6-quart kettle or Dutch oven; cover with water. Add peppercorns, cloves and bay leaf; bring to boiling. Reduce heat, and simmer 1 hour and 45 minutes (45 minutes per pound), or until pork is fork-tender. Remove from heat; let meat cool in water 2 hours.

2. Preheat oven to 375F. Remove meat from cooking liquid, and place in shallow roasting pan. Spread apricot preserves over top.

3. Bake, uncovered, 40 minutes.

4. Meanwhile, **prepare Buttered Carrots:** In 1 inch boiling water, cook carrots with $\frac{1}{2}$ teaspoon salt and the sugar 10 minutes, or until tender. Drain; add 2 tablespoons butter. Cover, keep warm.

5. Also, **prepare Buttered Cabbage:** In 1 quart boiling water with 1 teaspoon salt, cook cabbage 5 minutes, or just until tender. Drain well; toss with butter, vinegar, remaining salt and the pepper.

6. To serve: Arrange cabbage in center of large platter. Cut pork butt into 1-inch slices, and place on cabbage. Arrange carrots around edge of platter.

MAKES 8 SERVINGS

BAKED HAM BUTT WITH SWEET POTATOES AND ONION

5-lb fully-cooked ham, butt end	1 bottle (10 oz) ginger ale
1 $\frac{1}{2}$ lb sweet potatoes, peeled, sliced $\frac{1}{2}$ inch thick	$\frac{1}{2}$ cup orange marmalade
6 to 8 medium onions, peeled and parboiled 10 minutes	Butter or margarine

1. Preheat oven to 350F. Wipe ham with damp paper towels. Place in roasting pan without rack. Arrange potato slices and onions in single layer around ham. Pour ginger ale over all.

2. Bake, uncovered, basting every 30 minutes with pan juices. Bake 1 hour. Turn potatoes and onions over. Spread ham with half of marmalade; bake 30 minutes longer. Spread with rest of marmalade; bake, basting frequently, 30 minutes, or until vegetables are tender.

3. Arrange ham and vegetables on platter. Spoon some of pan juices over them. Dot potatoes with butter.

MAKES 8 TO 10 SERVINGS

HAM-AND-POTATO PIE

6 large potatoes (3 lb)	1 tablespoon margarine
1 pkg (11 oz) piecrust mix	2 cloves garlic, minced
3 tablespoons all-purpose flour	$1\frac{1}{2}$ teaspoons salt
6 oz Cheddar cheese, shredded (1 cup)	$\frac{1}{4}$ teaspoon pepper
1 large onion, sliced	$\frac{1}{8}$ teaspoon ground nutmeg
1 to 2 cups leftover ham pieces	1 cup milk
	1 egg yolk
	$\frac{1}{2}$ cup light cream

1. Pare potatoes; slice very thin. Cover with cold water in large bowl.

2. Make piecrust mix as the package label directs. Preheat oven to 350F.

3. Toss flour with the cheese.

4. Drain potato thoroughly. Layer in a greased 8-cup oval or round shallow baking dish with onion, cheese mixture, ham, margarine, garlic, salt, pepper and nutmeg. Top layer should be potato. Pour milk over potato.

5. Roll out pastry to 15-by-11-inch rectangle, or a 13-inch circle for round dish. Fit over potato mixture; turn under and flute edges. Cut four gashes in pastry, to allow steam to escape. Mix egg yolk with 1 tablespoon cream; brush over pastry.

6. Bake 1 hour, or until pastry is golden-brown and potato is done. Remove from oven; pour remaining cream through vents into pie. Let stand 15 minutes before serving.

MAKES 8 SERVINGS

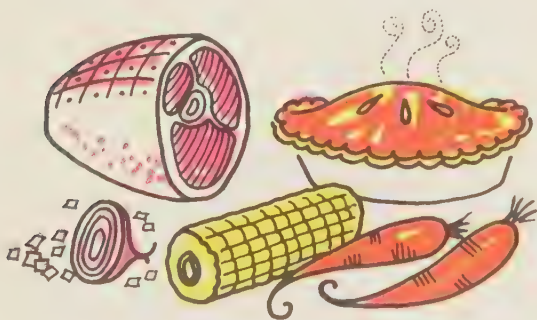


HAM-AND-CORN PIE

1 pkg (11 oz) piecrust mix	Dash ground nutmeg
1/4 cup butter or margarine	Dash pepper
1 cup finely chopped onion	1 egg yolk
1/4 cup all-purpose flour	3/4 cup leftover cooked ham
1/2 teaspoon salt	2 cups canned or cooked corn
1 1/2 cups milk	1 egg white

1. Prepare piecrust mix ahead of time; refrigerate.
2. In hot butter in large heavy skillet, sauté onion, stirring, until tender – 5 minutes. Over low heat, stir flour and salt into onion; stir in milk; bring to boiling, stirring. Remove from heat. Add nutmeg and pepper.
3. Stir some of hot mixture into egg yolk; pour back into skillet. Add ham and corn; mix well. Preheat oven to 400F.
4. Roll half of pastry into an 11-inch circle; use to line a 9-inch pie plate. Roll the other half of the pastry into an 11-inch circle. (If you wish, you can make this a one-crust pie, omitting the bottom crust.)
5. Pour ham-and-corn filling into pie shell. Arrange top crust. Press edge together to seal. Make several cuts in center for steam vents. Trim edge, leaving 1/2-inch overhang. Turn under all around. Crimp edge.
6. Brush surface of the pastry with egg white that has been beaten slightly with a little water.
7. Bake about 40 minutes, or until crust is golden. Serve hot.

MAKES 6 SERVINGS



GLAZED SMOKED PORK WITH VEGETABLES

2 1/2 to 3-lb boneless smoked pork-shoulder butt	4 large carrots
4 black peppercorns	1-lb rutabaga
2 whole cloves	Salt
1 bay leaf	1 tablespoon sugar
1/3 cup orange marmalade	4 tablespoons margarine

1. Place pork butt in 6-quart kettle or Dutch oven; cover with water. Add peppercorns, cloves, bay

leaf. Bring to boiling; reduce heat; simmer about 2 hours (45 minutes per pound); or until pork is fork-tender. Remove from heat; let meat cool in water – about 2 hours.

2. Preheat oven to 375F. Remove meat from cooking liquid, and place in shallow roasting pan. Spread marmalade over top.

3. Bake, uncovered, 15 minutes.

4. Meanwhile, prepare carrots and rutabaga; Pare each. Cut into sticks, 3 to 4 inches long and 1/2 inch thick. In 1 inch of boiling water, cook carrots with 1/2 teaspoon salt and the sugar 15 minutes, or until tender; drain. Add 2 tablespoons margarine.

5. Also, cook rutabaga in 1 inch boiling water with 1 teaspoon salt, covered, 20 minutes, or until tender; drain; add 2 tablespoons margarine.

6. To serve: Cut pork butt into 1/2-inch slices, and place in center of large platter. Arrange carrots and rutabaga around edge of platter.

MAKES 8 SERVINGS

BAKED LENTIL AND HAM CASSEROLE

2 cups lentils	1/2 teaspoon dried marjoram leaves
3 1/2-lb ham shank	2 teaspoons salt
1 onion, stuck with whole clove	1/2 teaspoon pepper
2 bay leaves	6 carrots, scraped and cut in chunks
2 bacon slices	1 cup Burgundy wine
12 small white onions, peeled	1/4 cup buttered fresh bread crumbs
1/2 teaspoon dried thyme leaves	

1. Combine lentils, ham shank, onion with clove, bay leaves, and 1 quart water in large saucepan; bring to boiling.

2. Reduce heat; simmer, covered, 30 minutes.

3. Drain lentils. Discard onion with clove and bay leaves.

4. Cut meat from ham shank into large chunks, trimming off excess fat.

5. Preheat oven to 350F.

6. Meanwhile, sauté bacon in medium skillet until crisp; then remove it, and crumble.

7. Sauté white onions in hot bacon fat, turning, until browned.

8. Mix thyme, marjoram, salt, and pepper.

9. Layer half of lentils in 2-quart casserole. Sprinkle with half of thyme mixture. Add ham, onions, carrots, and bacon. Add rest of lentils. Sprinkle with rest of thyme mixture. Pour Burgundy over top.

10. Bake, covered, 1 1/2 hours, or until the vegetables are tender.

11. Sprinkle with buttered crumbs; bake, uncovered, 15 minutes longer, or until golden.

MAKES 6 SERVINGS

UPSIDE-DOWN HAM LOAF

2 tablespoons butter or margarine	1 teaspoon salt
1/2 cup light brown sugar, packed	1/8 teaspoon pepper
1 can (1 lb, 4 oz) sliced pineapple in heavy syrup, drained	2 cups soft, fine white-bread crumbs
11 pecan or walnut halves	1 1/2 lb ground cooked ham (4 cups)
1 cup milk	1/2 lb ground raw pork
1 egg	1/2 lb ground raw veal
2 tablespoons catsup	2 tablespoons finely chopped onion
2 tablespoons prepared brown mustard	2 tablespoons chopped parsley
	2 tablespoons apple jelly, melted

1. Preheat oven to 350F. In a very heavy or iron 10-inch skillet with heat-resistant handle, melt butter over medium heat. Add brown sugar; stir until sugar is melted. Remove from heat.

2. Arrange 8 pineapple slices on sugar mixture. Halve remaining slices. Arrange around inside edge of skillet, rounded edge down. Put pecans in centers, face down.

3. In large bowl, combine milk, egg, catsup, mustard, salt and pepper; mix well. Stir in crumbs; let stand several minutes.

4. Add ham, pork, veal, onion and parsley; mix well. Turn into skillet, spreading evenly. Bake, uncovered, 1 hour.

5. Remove from oven; let stand 10 minutes. Drain off excess liquid. Invert onto warm round serving platter. Brush with melted apple jelly.

MAKES 8 SERVINGS

BRAISED PORK LOIN WITH TURNIP AND POTATOES

4 lb loin of pork	1 large (2 1/2 lb) yellow turnip or rutabaga, pared, quartered and sliced
Salt	
Pepper	
1/4 teaspoon ground allspice	5 medium potatoes (about 3 lb)
4 cups apple cider	

1. Preheat oven to 350F.

2. Wipe pork with damp paper towels. Mix 1 teaspoon salt, 1/2 teaspoon pepper, and the allspice; rub into surface of pork. Place pork, fat side up, in large roasting pan with cover. Roast, uncovered, 1 hour.

3. Pour apple cider into bottom of pan. Add rutabaga slices. Roast, covered, 1 hour.

4. Meanwhile, pare and quarter potatoes.

5. Remove roasting pan from oven. Add potatoes to pan drippings around roast. Baste vegetables with drippings; then sprinkle with 1 teaspoon salt and 1/4 teaspoon pepper.

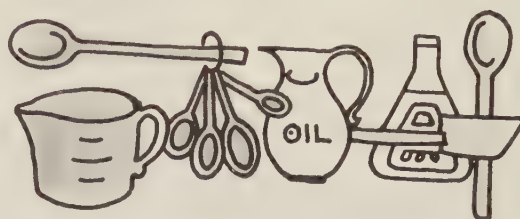
6. Roast, covered, 1 hour longer, or until turnip and

potatoes are tender. If desired, sprinkle potatoes with paprika.

7. Remove roast and vegetables to heated platter; keep warm.

8. Skim off excess fat from drippings. Over direct heat, bring remaining drippings to boiling; boil, uncovered, 15 minutes. Spoon over pork and vegetables.

MAKES 8 SERVINGS



STUFFED CABBAGE ROLLS, GREEK STYLE

1 large head green cabbage, about 3 lb	Dash pepper
3/4 lb lean ground pork	1 egg, slightly beaten
1/2 cup raw long-grain white rice	1 can (10 3/4 oz) condensed chicken broth, undiluted
1/4 cup chopped green onion	2 tablespoons salad oil
3 tablespoons catsup	1 tablespoon all-purpose flour
1 tablespoon dried dillweed	1 tablespoon lemon juice
Salt	1 small lemon, cut into 8 wedges (optional)

1. In large kettle, bring 3 cups water to boiling. Add cabbage; simmer 2 or 3 minutes, or until leaves are pliable. Remove cabbage; drain.

2. Carefully remove 12 large leaves from cabbage; trim thick rib. If leaves are not soft enough to roll, return to boiling water for a minute.

3. In large bowl, combine pork, rice, green onion, catsup, dill, 1/2 teaspoon salt, the pepper and egg. Mix with fork until well blended.

4. Place 2 slightly rounded tablespoons meat mixture in hollow of each of the 12 cabbage leaves. Fold side of leaf over stuffing; roll up from the thick end of the leaf.

5. In 5-quart Dutch oven, place a few of the remaining cabbage leaves. Arrange rolls, seams side down, on leaves. Pour chicken broth and salad oil over rolls.

6. Bring to boiling over medium heat. Simmer, covered, 45 minutes, basting occasionally with broth.

7. To serve: Arrange cabbage rolls in warm serving dish. Measure remaining broth; add water to make 1 cup. Return to Dutch oven. Gradually blend in flour. Add lemon juice and 1/2 teaspoon salt. Bring to boiling; simmer 3 minutes; stir until smooth. Spoon over cabbage. Serve with lemon wedges.

MAKES 6 SERVINGS



FRESH-HAM HOCKS, COUNTRY STYLE

Pictured

5 lb fresh-ham hocks	Pepper
1 quart apple cider	4 cups cubed (1-inch)
1/4 cup cider vinegar	yellow turnip or
1/4 cup margarine	rutabaga (1 1/2 lb)
3 cups sliced onion	1 bay leaf
1 teaspoon sugar	1 jar (1 lb) applesauce
Salt	

1. Preheat oven to 350F. Wash ham hocks; dry with paper towels. Arrange in 15-by-10-by-2-inch roasting pan. Pour cider and vinegar over ham hocks. Cover pan with foil; bake 1 1/2 hours, basting several times with liquid.

2. Meanwhile, in hot margarine in medium skillet, sauté onion with sugar until onions are lightly browned. Sprinkle with 1/2 teaspoon salt and 1/8 teaspoon pepper; set aside.

3. Remove ham hocks from oven; skim off fat, and discard. Add turnip; sprinkle with 1 1/2 teaspoons salt and 1/2 teaspoon pepper. Add browned onion and bay leaf; bake, covered, 1 1/2 hours.

4. Remove foil; spoon applesauce around ham hocks; bake, uncovered, 1/2 hour longer, or until ham hocks are very tender. Serve with turnips and pan liquid spooned over all. Discard bay leaf.

MAKES 6 SERVINGS

FRANKS AND SAUERKRAUT IN BEER

10 large frankfurters (5 or 6 per lb)	2 teaspoons caraway seed
1 can (12 oz) light beer	
1 can (1 lb, 11 oz) sauerkraut, drained	

1. Slash frankfurters, on the diagonal, in several places. Place in large skillet with beer.

2. Cook over medium heat, covered, until hot – about 10 minutes. Remove frankfurters.

3. Stir sauerkraut and caraway into liquid in skillet; place frankfurters on top. Cook, covered, 10 minutes, or until sauerkraut is heated through.

4. Arrange sauerkraut and frankfurters on heated platter. Serve with buttered new potatoes and hot mustard.

MAKES 5 OR 6 SERVINGS

HUNGARIAN PORK-AND-SAUERKRAUT GOULASH

2-lb boneless pork shoulder, trimmed	1 teaspoon salt
2 cups chopped onion	1 beef-bouillon cube
1 clove garlic, finely chopped	1/2 cup boiling water
1 teaspoon dried dillweed	1 tablespoon paprika
1 teaspoon caraway seed	1 can (1 lb, 11 oz) sauerkraut
	1 cup sour cream
	Hot boiled potatoes

1. Wipe meat with damp paper towels. Cut meat into 1 1/2-inch cubes; discard fat.

2. In large Dutch oven or heavy skillet, combine pork, onion, garlic, dill, caraway, salt, bouillon cube and boiling water; bring to boiling. Reduce heat; simmer, covered, 1 hour.

3. Stir in paprika until dissolved. Add sauerkraut; mix well. Simmer, covered, 1 hour, or until meat is tender.

4. Remove from heat. Gradually stir in sour cream. Return to heat until heated through; do not let boil. Serve with boiled potatoes.

MAKES 6 SERVINGS

FRANKFURTERS WITH BROWN BEANS

1 lb dried pinto or red kidney beans	2 lb potatoes, peeled and sliced 1/2 inch thick
7 cups water	2 red apples, washed, cored, cut into 6 wedges
1 tablespoon salt	1 lb frankfurters
1 lb carrots, pared, sliced 1/2 inch thick	Hot mustard (optional)
4 onions, peeled and quartered	
2 cloves garlic, crushed	

1. Wash beans; drain. Cover beans with 6 cups cold water. Refrigerate, covered, overnight.

2. Next day, turn beans and liquid (do not drain) into an 8-quart kettle; add salt, 1 cup water, the carrot, onion and garlic. Bring to boiling; reduce heat, and simmer gently, covered, 45 minutes.

3. Add potato slices; cook, covered, 20 minutes.

4. Add apple slices and frankfurters; cook, covered, 10 more minutes, or until all vegetables are tender but not mushy. Serve with hot mustard, if desired.

MAKES 8 SERVINGS





Poultry

CHICKEN IN THE POT

(For use in recipes calling for cooked chicken and chicken stock)

5-lb roasting chicken, cut up
6 cups water
1 stalk celery
1 large onion, quartered
1 tablespoon salt
1/2 teaspoon pepper

1. Wash chicken well under cold, running water; drain.
2. In large kettle, place chicken and giblets, 6 cups water, the celery and onion. Bring to boiling; reduce heat and simmer, covered, 20 minutes. Remove chicken legs and thighs; set aside. Continue cooking chicken 30 minutes longer. Add salt and pepper during last 5 minutes of cooking.
3. Lift out chicken; use as directed in recipes below. Makes 6 cups chicken stock. Use in recipes calling for chicken stock, or freeze in plastic containers for future use.

CHICKEN KEBABS

Marinade

2/3 cup chili sauce
1/2 cup applesauce
1 tablespoon sugar
1 small onion, chopped
1 tablespoon soy sauce
Dash salt
Dash pepper
1/2 green pepper, parboiled and quartered
1 pared, cooked medium potato, quartered
8 cherry tomatoes
1 tablespoon salad oil

8 chunks cooked chicken (1-inch cubes), from legs and thighs

1. **Make Marinade:** In shallow glass dish, combine chili sauce, applesauce, sugar, onion, 1 tablespoon soy sauce, the salt and pepper; mix well. Use to marinate chicken, covered, 3 or 4 hours overnight.
2. On four metal skewers, arrange pieces of chicken, green pepper, potato and tomatoes. Place skewers in shallow baking pan, with ends of skewers resting on edge of pan.
3. Combine 1 tablespoon salad oil with remaining marinade. Use to brush chicken and vegetables.

4. Broil 4 minutes per side, 4 inches from heat, brushing with marinade once or twice. Serve skewers on rice. Heat and pass remaining marinade.

MAKES 4 SERVINGS

CHICKEN PAPRIKASH WITH VEGETABLES

4-lb roasting chicken
2 1/4 teaspoons salt
1/4 teaspoon pepper
1/4 cup butter or margarine
Paprika
1 can (10 3/4 oz) condensed chicken broth, undiluted
Giblets (gizzard, heart) and neck
8 small white onions, peeled
8 small carrots, pared
1/4 cup unsifted all-purpose flour
1/4 cup water
1 cup sour cream
1 tablespoon chopped parsley

1. Rinse chicken well; dry with paper towels. Sprinkle inside and out with 1 1/2 teaspoons salt and the pepper. Tuck chicken wings under body; then tie legs together at ends, with twine. If necessary, fasten skin at neck with a skewer.
2. In hot butter in Dutch oven, brown chicken well on all sides – about 30 minutes. Turn chicken carefully with two wooden spoons – do not break skin. While chicken is browning, stir 2 tablespoons paprika into fat in Dutch oven; mix well.
3. Add chicken broth to Dutch oven, along with giblets and neck.
4. Arrange onions and carrots around chicken in Dutch oven.
5. Simmer gently, covered, about 1 hour, or until chicken and vegetables are tender; baste with liquid frequently.
6. Remove chicken and vegetables to heated serving platter; cover loosely with foil; keep warm.
7. Remove giblets; chop fine; set aside. Discard neck.
8. In small bowl, blend flour with 1/4 cup water to make a smooth paste. Stir into hot liquid in Dutch oven until smooth. Add remaining 3/4 teaspoon salt.
9. Bring to boiling, stirring; reduce heat, and simmer 2 minutes.
10. Remove from heat. Slowly stir in chopped giblets and sour cream; heat gently; but do not boil.
11. To serve: Sprinkle vegetables with parsley. Pass sauce.

MAKES 6 SERVINGS

ROAST CHICKEN WITH VEGETABLES

2 (2- to 2½-lb size) broiler-fryers, quartered	⅓ cup salad or olive oil
1 large green pepper, cut in 1-inch strips	1 teaspoon dried oregano leaves
4 medium potatoes, pared and quartered	1½ teaspoons salt
1 clove garlic, crushed	¼ teaspoon pepper
	¼ teaspoon paprika

1. Wipe chicken with damp paper towels. In large, shallow baking pan, arrange chicken pieces, green-pepper strips and potatoes in a single layer.

2. Preheat oven to 350F.

3. Combine garlic, oil and oregano; mix well. Drizzle over chicken and vegetables. Sprinkle all over with salt, pepper and paprika.

4. Bake, uncovered and basting frequently with pan juices, 1 hour, or until chicken and potatoes are tender.

5. Increase oven temperature to 400F. Bake 15 minutes to brown.

6. Arrange chicken with vegetables on warm serving platter. If desired, serve with spaghetti with tomato sauce or cheese.

MAKES 6 TO 8 SERVINGS

SAVORY BROILED CHICKEN WITH GREEN NOODLES

2½-lb broiler-fryer, quartered	1 teaspoon dried oregano leaves
6 tablespoons lemon juice	½ teaspoon salt
6 tablespoons butter or margarine	1 pkg (8 oz) green noodles
	1 lemon, thinly sliced

1. Wash chicken; pat dry with paper towels.

2. In small saucepan, combine lemon juice, butter, oregano and salt. Heat, to melt butter and blend ingredients.

3. Brush both sides of chicken halves with lemon-butter mixture. Place, skin side down, in broiler pan without rack.

4. Broil, 8 inches from heat, 25 minutes; brush with lemon butter two or three times.

5. Turn halves skin side up; brush with lemon-butter mixture. Broil, brushing with lemon butter two or three times, 15 minutes, or until chicken is golden-brown and well done.

6. Cook green noodles following package directions; drain.

7. Remove chicken from broiler, brush with lemon butter.

8. Toss remaining lemon butter with green noodles. Arrange chicken on green noodles, and garnish with lemon slices.

MAKES 4 SERVINGS

CHICKEN STEW WITH PARSLEY BISCUITS

3-lb broiler-fryer, cut up	¼ teaspoon dried thyme leaves
Water	4 large carrots, pared and sliced
1 large onion, sliced	Parsley Biscuits, below
2 teaspoons salt	¼ cup all-purpose flour
1 bay leaf	
¼ teaspoon ground pepper	

1. Wipe chicken pieces with damp paper towels. Place in 6-quart Dutch oven with 2½ cups water. Add onion, salt, bay leaf, pepper, thyme and carrots. Bring to boiling; reduce heat, and simmer, covered, 45 minutes, or just until tender.

2. Meanwhile, make Parsley Biscuits. Preheat oven to 400F.

3. Combine flour with ¼ cup water in small bowl. Stir to dissolve flour. Stir flour mixture into broth in Dutch oven. Bring to boiling, stirring.

4. Place biscuits around top of stew. Bake 20 minutes, or until golden.

MAKES 6 SERVINGS

PARSLEY BISCUITS

2 cups packaged biscuit mix	⅔ cup milk
	⅓ cup chopped parsley

1. Prepare biscuit mix with milk according to package directions.

2. Roll into 11-by-8-inch rectangle. Sprinkle with parsley. Roll up to make an 11-inch roll. Cut into 10 pinwheels.

CHICKEN THIGHS PARMIGIANA

8 chicken thighs (2 lb)	½ teaspoon salt
¼ cup butter or margarine	1 teaspoon dried basil leaves
1 medium onion, sliced	1 pkg (8 oz) spaghetti
2 garlic cloves, pressed	¼ cup grated Parmesan cheese
1 pkg (10 oz) frozen chopped spinach	

1. Wash chicken thighs well; dry with paper towels.

2. In hot butter in large skillet, sauté chicken thighs, skin side down, 5 minutes, or until golden-brown.

3. Add onion and garlic; sauté, covered, 5 minutes.

4. Push chicken to one side. Add spinach. Sprinkle with salt and basil. Simmer, covered, 15 minutes.

5. Meanwhile, cook spaghetti as package label directs; drain.

6. Turn chicken right side up. Sprinkle with ¼ cup Parmesan cheese. Blend spinach with onion and butter. Simmer, covered, 10 minutes, or until chicken is tender. Serve on spaghetti.

MAKES 4 TO 6 SERVINGS

CHICKEN LIVERS WITH RISI BISI

2 slices bacon, chopped	1/2 cup chopped onion
1/4 cup chopped onion	1/4 teaspoon dried oregano leaves
1 can (10 3/4 oz) condensed chicken broth	1/4 teaspoon pepper
1 cup raw long-grain white rice	1/2 cup tomato juice
1 teaspoon salt	1/2 cup white wine
1 pkg (10 oz) frozen peas	2 tablespoons margarine
	2 tablespoons grated Parmesan cheese

Chicken Livers

2 tablespoons margarine
1 lb chicken livers,
washed and halved
(remove white part)

1. In 4-quart Dutch oven, sauté bacon and onion over medium heat, stirring, about 5 minutes.
 2. Add chicken broth (adding water to make 2 cups). Stir in rice and salt. Bring to boiling; reduce heat; simmer, covered, without stirring, 15 minutes, or until liquid is all absorbed and rice is tender.
 3. Meanwhile, cook peas as package label directs; drain well.
 4. Also, **cook Chicken Livers:** In 2 tablespoons hot margarine in skillet, sauté chicken livers and onion 6 to 8 minutes, or until brown. Stir in oregano and pepper. Gradually stir in tomato juice and wine.
 5. Bring to boiling, stirring constantly. Reduce heat; simmer, uncovered, 5 minutes. Add salt, if needed.
 6. Stir peas and margarine into rice. Turn into warm serving dish; sprinkle with Parmesan cheese. Spoon chicken in center.
- MAKES 6 SERVINGS

CHICKEN LIVERS WITH POLENTA

Polenta	1/2 cup chopped onion
3 3/4 cups water	1/4 teaspoon dried oregano leaves
1 1/4 cups yellow cornmeal	1/4 teaspoon pepper
1 1/2 teaspoons salt	1/2 cup tomato juice
1 1/2 cup grated Cheddar cheese	1 can (10 1/2 oz) condensed cream-of-mushroom soup, undiluted
4 tablespoons margarine	Chopped parsley
1 lb chicken livers, washed and halved (remove white part)	

1. **Make Polenta:** In large saucepan, bring 2 3/4 cups water to boiling. Mix cornmeal, salt and 1 cup water. Gradually stir into boiling water. Cook over low heat, uncovered, and stirring frequently, 10 minutes. Remove from heat; add grated cheese; mix well.
2. Spoon into well-buttered 4 1/2-cup ring mold. Cover with foil; let stand in warm place to set – about 15 minutes.

3. Meanwhile, in hot margarine in skillet, sauté chicken livers and onion 6 to 8 minutes, or until brown. Stir in oregano and pepper. Gradually stir in tomato juice and cream-of-mushroom soup.

4. Bring to boiling, stirring constantly. Reduce heat; simmer, uncovered, 5 minutes. Taste; season with salt, if needed.

5. To serve: Unmold polenta onto warm serving platter. Fill center with chicken-liver mixture. Garnish with chopped parsley.

MAKES 6 SERVINGS

CHICKEN WITH SWEET POTATOES AND BANANAS

4-lb roasting chicken cut into 8 pieces	1 can (8 oz) tomatoes, undrained
4 tablespoons salad oil	3/4 cup water
1/2 cup chopped onion	2 large sweet potatoes (2 lb), peeled and cut into 1 1/2-inch slices
1 clove garlic, crushed	4 bananas, peeled and halved
2 tablespoons all-purpose flour	
1 teaspoon salt	
1/4 teaspoon pepper	
1 bay leaf	
1 chicken bouillon cube dissolved in 1 cup boiling water	

1. Wash chicken; pat dry with paper towels.
 2. Heat 2 tablespoons oil in large skillet; sauté chicken until well browned on both sides. Remove from skillet. Pour off drippings.
 3. Add onion and garlic; sauté, stirring, about 3 minutes.
 4. Stir in flour, salt and pepper. Add bay leaf, chicken bouillon and tomatoes; mix well. Add 3/4 cup water.
 5. Return chicken to skillet; add sweet potatoes; simmer, covered, 40 minutes, until chicken and sweet potatoes are tender.
 6. Meanwhile, in medium skillet, heat remaining 2 tablespoons oil; sauté bananas until golden.
 7. To serve: Arrange chicken and potatoes on a serving platter; place bananas around chicken.
- MAKES 8 SERVINGS

CHICKEN-AND-NOODLE FRICASSEE Pictured

3-lb roasting chicken, cut up	2 large carrots, pared and halved lengthwise
2 tablespoons butter	2 medium potatoes (1 lb), pared and quartered
2 celery stalks, cut up	2 medium onions, quartered
2 teaspoons salt	1 pkg (8 oz) very wide noodles
1/4 teaspoon black pepper	1/4 cup all-purpose flour
1 teaspoon dried sage leaves	Chopped parsley
2 1/4 cups water	



1. Wipe chicken pieces with damp paper towels. In 6-quart Dutch oven, sauté chicken in butter until golden-brown. Add celery, salt, pepper and sage. Sauté, stirring, 3 minutes.

2. Add 2 cups water; bring to boiling; reduce heat and simmer, covered, 30 minutes.

3. Add carrots; cook 10 minutes. Add potato and onions; simmer, covered, until tender – 15 minutes.

4. Meanwhile, cook noodles in salted water as package label directs. Drain.

5. Stir flour into $\frac{1}{4}$ cup water to dissolve. Remove $\frac{1}{2}$ cup hot chicken broth; stir into flour mixture. Gently stir into Dutch oven. Bring to boiling.

6. To serve: Fold in noodles. Simmer, uncovered, 5 minutes. Remove to serving dish. Sprinkle with parsley.

MAKES 6 SERVINGS

CHICKEN IN WINE SAUCE WITH SPAGHETTI

3 lb assorted chicken parts
2 tablespoons salad oil
4 tablespoons margarine
1 cup chopped onion
1 cup sliced celery
1 cup sliced carrot
1 can (1 lb) Italian tomatoes, undrained

1 can (6 oz) tomato paste
 $\frac{3}{4}$ cup dry white wine
2 teaspoons salt
 $\frac{1}{2}$ teaspoon pepper
2 whole cloves
 $\frac{1}{8}$ teaspoon ground cinnamon
1 pkg (8 oz) twisted spaghetti, cooked

1. Preheat oven to 350F.

2. Rinse chicken parts well; dry with paper towels.

3. In hot salad oil and margarine in 6-quart Dutch oven, brown chicken parts well all over – takes about 10 minutes. Remove chicken pieces as they brown, and set aside.

4. In remaining fat, sauté onion, celery, and carrot over medium heat 5 minutes, stirring occasionally.

5. Stir tomatoes, tomato paste, wine, salt, pepper, cloves, and cinnamon into sautéed vegetable mixture. Heat to boiling, stirring until mixture is blended. Remove from heat.

6. Return browned chicken parts to Dutch oven; cover, and bake $1\frac{1}{2}$ hours, stirring occasionally.

7. To serve, place well-drained, cooked spaghetti in deep serving dish; arrange chicken on spaghetti, and pour sauce over all.

MAKES 6 SERVINGS

CHICKEN-AND-MACARONI SALAD

$1\frac{1}{2}$ cups elbow macaroni	$\frac{1}{2}$ cup mayonnaise or
Salt	cooked salad dressing
2 cooked chicken breasts, in large pieces	3 tablespoons sugar
	1 teaspoon salt
1 can (8 oz) sliced beets, drained	$\frac{1}{8}$ teaspoon pepper
1 can (8 oz) peas, drained	Iceberg lettuce
1 can (8 $\frac{1}{4}$ oz) sliced pineapple, drained and quartered	

1. In 6 cups boiling water in large saucepan, cook macaroni with $1\frac{1}{2}$ teaspoons salt 15 minutes, or just until tender; drain. Refrigerate to chill well.

2. Set aside several pieces of chicken, $\frac{1}{4}$ cup sliced beets, $\frac{1}{2}$ cup peas and 8 pineapple quarters.

3. In large bowl, combine macaroni, rest of chicken, peas, beets, pineapple and the remaining ingredients, except lettuce. Toss lightly to mix well. Refrigerate, covered, to chill well.

4. To serve, toss again. Arrange lettuce around edge of salad bowl. Fill center with salad. Garnish top with reserved beets, peas, chicken and pineapple.

MAKES 6 TO 8 SERVINGS



CHICKEN PIE

Pictured

4 chicken legs, cut in half	4 medium onions (1 lb), peeled and quartered
1 large onion, peeled and quartered	1/2 cup unsifted all- purpose flour
3 celery tops	1 teaspoon salt
3 parsley sprigs	1/8 teaspoon pepper
1 teaspoon salt	1/2 cup milk
1/4 teaspoon ground pepper	
1 bay leaf	Pastry
2 cups water	1/2 teaspoon dried thyme leaves
8 small carrots, pared and quartered (1 lb)	1 pkg (11 oz) piecrust mix

1. Wash chicken. Place in large kettle with quartered onion, celery, parsley, 1 teaspoon salt, 1/4 teaspoon pepper, the bay leaf and 2 cups water.

2. Bring to boiling. Reduce heat, and simmer, covered, 1 hour, or until chicken is tender. Remove chicken; set aside to cool. Remove chicken from bones in large pieces.

3. Strain stock. In 3 cups stock (adding water if necessary) in medium saucepan, cook carrots and the white onions, covered, 20 minutes, or until vegetables are tender.

4. In small bowl, combine flour, salt and pepper. Stir in milk until smooth. Stir into vegetable-stock mixture; bring to boiling, stirring constantly. Reduce heat; simmer about 8 minutes, or until sauce is thick. Add chicken. Turn into 6 individual serving casseroles (about 1 1/2 cups each).

5. Preheat oven to 400F.

6. **Make Pastry:** Add thyme to piecrust mix; prepare mix as package label directs. Divide into six pieces. On lightly floured surface or pastry cloth, roll out one piece of pastry, 1/2 inch larger all around than casserole. With cookie cutter, remove 1-inch circle of pastry from center. Place pastry on top of casserole, turning edge under; press to rim of casserole to seal. Repeat with remaining casseroles.

7. Bake 15 to 20 minutes, or until pie crust is golden and mixture is bubbly.

MAKES 6 SERVINGS

LO MEIN

Pictured

1 whole chicken breast (1 1/4 lb)	1 tablespoon cornstarch
Water	1 can (16 oz) bean sprouts, drained; or 1/2
Salt	lb fresh bean sprouts, rinsed and drained
1 pkg (8 oz) very thin vermicelli	2 cups shredded lettuce
2 tablespoons salad oil	1 tablespoon chopped pimiento (optional)
1 bunch scallions, sliced	
1/3 cup soy sauce	

1. Bone chicken breast, reserving bone and skin. Slice meat into thin slices; set aside. Place bone and skin in 1 1/4 cups water in small saucepan. Simmer 15 minutes. Strain into a cup. If necessary, add water to make 1 cup; reserve. Discard bone and skin.

2. Bring 3 quarts water to boiling. Add 1 tablespoon salt and the vermicelli; boil 3 minutes. Drain well.

3. Heat oil in a large skillet. Sauté chicken until golden on all sides. Add scallions; sauté 1 minute longer. Add reserved chicken broth. Bring to boiling.

4. Mix soy sauce and cornstarch. Stir into chicken mixture. Cook until sauce is thickened and clear. Fold in bean sprouts, 1 1/2 cups lettuce and the vermicelli. Heat, stirring, until lettuce is wilted and mixture is well combined. Turn out onto serving dish. Top with remaining lettuce. Garnish with chopped pimiento.

MAKES 6 SERVINGS



CHICKEN ENCHILADAS

Pictured

1/2 cup water	12 corn tortillas
Salt	Milk (2 to 2 1/2 cups)
1 whole chicken breast (1 1/4 lb), split	1/3 cup all-purpose flour
2 cups coarsely chopped onion	1/2 cup grated cheese (Cheddar or Monterey Jack)
1 tablespoon salad oil	Pimiento strips (optional)
1 clove garlic, pressed	
1 can (8 oz) tomato sauce	
1 can (4 oz) chopped green chilies	

1. In 1/2 cup water with 1/2 teaspoon salt in a medium saucepan, poach chicken 20 minutes. Cool. Remove chicken from broth; remove bone; chop chicken finely. Reserve broth in saucepan.

2. In a large skillet, sauté onion in oil until tender – 5 minutes. Add garlic, tomato sauce, chilies, 1/4 teaspoon salt and the chicken. Mix well.

3. Dip each tortilla in the warm chicken broth. Place on paper towel. Top with about 1/4 cup chicken mixture, and roll up. Place, seam side down, in a greased 12-by-8-inch baking dish. Preheat oven to 350F.

4. Pour chicken broth into 1-quart measure. Add milk to make 3 cups. Place flour and 1/2 teaspoon



salt in a saucepan. Gradually stir in milk-and-broth mixture; stir until smooth. Bring to boiling, and cook, stirring, 1 minute. Pour over enchiladas. Sprinkle with cheese.

5. Bake 30 minutes, or until mixture is bubbly and cheese is lightly browned. Garnish with strips of pimiento, if desired.
MAKES 6 SERVINGS

CHICKEN ORIENTALE

2 (2½-lb size) broiler-fryers, quartered	2 tablespoons cornstarch
¼ cup salad oil	¾ cup cider vinegar
1 teaspoon salt	1 tablespoon soy sauce
¼ teaspoon pepper	¼ teaspoon ground ginger
Sauce	1 chicken-bouillon cube
1 can (15¼ oz) unsweetened pineapple chunks	1 large green or red pepper, cut in ½-inch-wide strips
Water	
½ cup sugar	

1. Wash chicken; pat dry.
2. Heat oil in large skillet. Add chicken, a few pieces at a time, and brown on all sides. Remove as browned to shallow roasting pan, arranging pieces skin side up. Sprinkle with salt and pepper.
3. Meanwhile, preheat oven to 350F.
4. **Make Sauce:** Drain the pineapple chunks, pouring syrup into 2-cup measure. Add water to make 1¼ cups.
5. In medium saucepan, combine sugar, cornstarch, pineapple syrup, vinegar, soy sauce, ginger and bouillon cube; bring to boiling, stirring constantly. Boil 2 minutes. Pour over chicken.
6. Bake, uncovered, 30 minutes. Add pineapple chunks and green or red pepper; bake 30 minutes longer, or until chicken is tender.

MAKES 8 SERVINGS

CHICKEN AND DUMPLINGS

4-lb roasting chicken, cut up	Dumplings, right (or use packaged biscuit mix as label directs for dumplings)
Water	3½ tablespoons all-purpose flour
½ cup chopped onion	1 chicken-bouillon cube
2 teaspoons salt	
1 bay leaf	
6 black peppercorns	
2 large carrots, pared and sliced	

1. Wipe chicken pieces with damp paper towels. Place in 6-quart Dutch oven with 5 cups water and giblets. Add onion, salt, bay leaf, black peppercorns and carrot. Bring to boiling; reduce heat and simmer, covered, 1¼ hours, or until tender.
2. Let chicken cool in broth. Mince giblets fine; add to broth or use another time. Meanwhile, make Dumplings.
3. Remove chicken from broth; measure broth — there should be 5 cups. (If necessary, boil, uncovered, to reduce to 5 cups; or add water or canned chicken broth to measure 5 cups if there is not enough.)
4. Meanwhile, combine flour with 3 tablespoons water in small bowl. Stir to dissolve flour.

5. Stir flour mixture into broth in Dutch oven, along with bouillon cube. Return chicken pieces to broth. Bring to boiling, stirring; drop dumpling batter by rounded tablespoonfuls onto chicken in broth, making 11 to 12 dumplings. Bring to boiling; simmer, covered, 15 to 20 minutes, or until dumplings have risen and cooked through.

6. Serve chicken and dumplings with gravy.

MAKES 6 TO 8 SERVINGS

DUMPLINGS

2 cups sifted all-purpose flour	Dash pepper
2 teaspoons baking powder	2 tablespoons chopped green onion
¼ teaspoon salt	¼ cup shortening
	¾ cup milk

1. In large bowl, sift flour with baking powder, salt and pepper. Stir in green onion.
2. With pastry blender or two knives, cut shortening into the flour mixture until it resembles coarse cornmeal. With a fork, stir in the milk until mixture forms a ball and leaves side of bowl.
3. Drop on chicken mixture as directed in Step 5 of Chicken and Dumplings.

MAKES 11 TO 12



BROWNED CHICKEN FRICASSEE WITH HOT BISCUITS

5-lb roasting chicken, cut up; or use 5 lb chicken parts	8 whole allspice
¼ cup butter or margarine	1 bay leaf
1 can (13¾ oz) chicken broth	½ cup light cream
1½ teaspoons salt	¼ cup unsifted all-purpose flour
	Chopped parsley
	Hot Biscuits, right

1. Wash chicken under cold water; dry on paper towels. Cut legs and thighs apart, if necessary.
2. In hot butter in 6-quart Dutch oven, brown chicken pieces, half at a time, turning with tongs.
3. Pour drippings into a 1-quart measure. Skim fat from top; add chicken broth and enough water to drippings to make 4 cups.
4. Pour back into Dutch oven, along with chicken. Add salt, allspice and bay leaf. Bring to boiling, stirring. Reduce heat and simmer, covered, 1½ hours, or until tender.
5. Remove cooked chicken to heated serving platter; keep warm in low oven.
6. Bring liquid in Dutch oven to boiling. Boil, uncovered, to reduce to 3 cups — about 15 minutes.
7. In small bowl, gradually add light cream to flour,

stirring until smooth. Stir into hot broth in Dutch oven. Cook, stirring, until thickened – about 5 minutes. Strain.

8. Pour some of sauce over chicken. Sprinkle with parsley. Pass rest of sauce with Hot Biscuits or, if desired, rice.

MAKES 8 SERVINGS



HOT BISCUITS

2 cups packaged biscuit mix
1/2 cup cold water
Milk
1 teaspoon dried thyme leaves

1. Preheat oven to 425F. Lightly grease cookie sheet.
2. In medium bowl, combine biscuit mix, thyme and water; mix with fork to combine; then beat vigorously 20 strokes.
3. Turn dough out onto a lightly floured pastry cloth; form into a ball; knead with hands five times. Roll out 1/2 inch thick; cut with a 2 1/2-inch round cutter, to make 8 to 10 biscuits.
4. Place on prepared cookie sheet. Brush tops lightly with milk. Bake 8 to 10 minutes, or until golden-brown. Serve hot.

MAKES 8 TO 10

CHICKEN WITH ONIONS, MEXICAN STYLE

4-lb roasting chicken, cut into 8 pieces
1/4 cup salad oil
2 cups sliced onion
1 clove garlic, crushed
1 teaspoon dried thyme leaves
1/4 teaspoon ground nutmeg
1 bay leaf
1 teaspoon salt
1/8 teaspoon pepper
Cilantro or parsley
1 can (10 3/4 oz) condensed chicken broth
1 cup water
1 tablespoon all-purpose flour

1. Rinse chicken well; dry with paper towels.
2. In hot oil in large skillet, brown chicken well on all sides – about 30 minutes. Remove as browned.
3. In remaining fat in skillet, sauté onion, garlic, thyme, nutmeg and bay leaf; sauté, stirring, until onion is golden.
4. Return chicken to skillet. Add salt, pepper, 1 sprig cilantro, chicken broth and 1 cup water.
5. Bring to boiling; simmer, covered, 50 to 60 minutes, or until tender.
6. Remove chicken to warm serving platter. Add 1 tablespoon flour combined with 2 tablespoons water to skillet; bring to boiling. Spoon onion sauce over chicken. Sprinkle with chopped cilantro.

MAKES 8 SERVINGS

DRUMSTICK-AND-SAUSAGE PAELLA

3 lb chicken drumsticks (12)
2 tablespoons all-purpose flour
1/4 cup salad or olive oil
1/2 lb sweet Italian sausage, sliced into 1-inch pieces
3 green peppers (3/4 lb), chopped
1 1/2 cups chopped onion
3 cloves garlic, crushed
1 bay leaf
4 teaspoons paprika
2 teaspoons salt
2 cups raw long-grain white rice
1 can (1 lb, 12 oz) tomatoes, undrained
1 can (10 3/4 oz) condensed chicken broth, undiluted
Water
1/4 cup sliced stuffed green olives

1. Wash drumsticks under cold running water; drain. Wipe dry with paper towel. Coat with flour.
2. In hot oil in heavy 6-quart Dutch oven, over medium heat, brown chicken, half at a time, until golden-brown all over. Remove chicken as it browns. Brown sausage; remove.
3. Preheat oven to 350F.
4. To drippings in Dutch oven, add green pepper, onion, garlic and bay leaf; sauté, stirring, over medium heat until onion is tender – 5 minutes.
5. Add paprika, salt and rice to Dutch oven. Cook, stirring, until rice is lightly browned and coated with paprika – about 10 minutes.
6. Add the undrained tomatoes to chicken broth; add enough water to make 4 cups; mix well; add to Dutch oven. Bring just to boiling. Remove from heat. Discard bay leaf.
7. Arrange chicken legs and sausage on top. Bake, covered, 1 hour, or until chicken legs are tender and rice has absorbed all liquid. Remove from oven. Serve garnished with sliced olives.

MAKES 6 TO 8 SERVINGS

CHICKEN AND CABBAGE ORIENTALE

3 tablespoons salad oil
1 1/2 cups slivered, cooked chicken
2 pared carrots, thinly sliced on diagonal
2 teaspoons salt
4 cups coarsely sliced green cabbage
1/2 cup water chestnuts, thinly sliced
1 tablespoon cornstarch
1/3 cup water
Soy sauce

1. In hot oil in large skillet, sauté chicken and carrot over high heat, stirring, about 5 minutes.
2. Sprinkle with salt; add cabbage and water chestnuts; cook 15 to 20 minutes, or until vegetables are tender.
3. Meanwhile, dissolve cornstarch in 1/3 cup water; stir into vegetable mixture. Cook, stirring, until liquid is thickened and translucent. Serve at once, with soy sauce.

MAKES 4 OR 5 SERVINGS

CHICKEN-AND-VEGETABLE STEW

4-lb roasting chicken, cut in 8 pieces	4 large potatoes (1½ lb), peeled, sliced ½ inch thick
2 tablespoons salad oil	4 large carrots, pared, cut on diagonal into 1-inch pieces
2 tablespoons butter or margarine	2 tablespoons lemon juice
1 cup chopped onion	2 tablespoons all-purpose flour
2 tablespoons chopped parsley	½ cup water
1 teaspoon ground cumin	2 tablespoons chopped parsley
½ teaspoon salt	
Dash pepper	
1 can (10¾ oz) condensed chicken broth, undiluted	

1. Wash chicken parts; pat dry with paper towels.
2. In hot oil and butter in 6-quart Dutch oven, sauté chicken parts, half at a time, until well browned – about 25 minutes. Remove chicken.
3. To remaining fat in Dutch oven, add onion, parsley, cumin, salt and pepper. Sauté, stirring, until onion is transparent.
4. Add chicken broth; bring to boiling, stirring. Return chicken pieces to Dutch oven. Add potato, carrot and lemon juice. Simmer, covered, 35 minutes, or until vegetables and chicken are tender.
5. In small bowl, combine flour and ½ cup water; mix until smooth. Stir into chicken mixture. Bring to boiling; simmer 1 minute.
6. Turn into serving dish, and sprinkle with chopped parsley.

MAKES 8 SERVINGS

CHICKEN LIVERS CRÉCY

8 medium carrots, pared (1 lb)	1½ lb chicken livers
1 can (10½ oz) condensed beef broth, undiluted	¼ cup all-purpose flour
1 bay leaf	1 teaspoon salt
1 medium onion, peeled and studded with 4 whole cloves	⅛ teaspoon black pepper
1 cup celery leaves, tightly packed	3 tablespoons margarine or butter
	¼ cup white wine
	1 tablespoon chopped parsley

1. Thinly slice carrots crosswise. In medium saucepan, bring beef broth to boiling. Add carrot, bay leaf, onion studded with cloves and the celery leaves. Cook, covered, over medium heat about 10 minutes, or until carrot is tender.
2. Meanwhile, wipe livers with damp paper towels.
3. On waxed paper, combine flour, salt and pepper; mix well. Roll livers in flour mixture; shake off excess.
4. In hot margarine in large skillet, sauté livers, turn-

ing on all sides, until light brown – about 5 minutes in all.

5. Drain carrot, reserving ½ cup broth. Discard bay leaf, onion and celery leaves. Add wine, carrot and reserved broth to livers; cook gently 3 minutes longer. Turn onto hot platter. Sprinkle with parsley. Nice served with rice.

MAKES 6 SERVINGS

CHICKEN LIVERS EN BROCHETTE

1½ lb chicken livers (about 24)	1 teaspoon dried tarragon leaves
	1 bay leaf

Marinade

⅓ cup salad oil	2 green peppers
3 tablespoons wine vinegar	6 small white onions, peeled
1 teaspoon salt	12 cherry tomatoes
⅛ teaspoon pepper	

1. Wash chicken livers; dry on paper towels.
2. **Make Marinade.** Combine marinade ingredients in jar with tight-fitting lid; shake well. Pour over livers in shallow baking dish. Refrigerate, covered, 2 hours.
3. Cut green peppers into 12 large squares. In small amount of boiling water, cook peppers and onions, covered, 10 minutes, or until tender.
4. Remove chicken livers from marinade; drain slightly. Arrange chicken livers on six skewers, alternating with green-pepper squares and tomatoes; place one onion on each skewer.
5. Arrange skewers in a shallow pan. Brush with some of marinade. Broil 4 inches from heat 10 minutes, turning once and brushing with more marinade. Nice served on rice.

MAKES 6 SERVINGS

TURKEY CHOW MEIN

2 tablespoons salad oil	¼ cup soy sauce
1 cup thinly sliced onion	2 cups slivered leftover roast turkey
2 cups sliced celery, sliced on diagonal	1 can (16 oz) bean sprouts, drained
½ cup leftover turkey gravy (see Note)	1 tablespoon cornstarch
1 can (10½ oz) condensed cream-of-mushroom soup, undiluted	½ cup water
	1 can (3 oz) Chinese noodles

1. In hot oil in large skillet, sauté onion and celery, stirring, until onion is golden – about 5 minutes.
2. Add gravy, soup and soy sauce; bring to boiling, stirring. Add turkey and bean sprouts; return to boiling. Reduce heat; simmer, covered, 5 minutes.

3. Combine cornstarch with $\frac{1}{2}$ cup cold water, stirring until smooth. Add some of hot mixture to cornstarch; pour back into skillet, mixing well.
4. Bring to boiling, stirring, until mixture is thickened and translucent – about 5 minutes. Serve with Chinese noodles (or cooked rice). If desired, garnish with green onions.

MAKES 6 SERVINGS

Note: Or use $\frac{1}{2}$ cup canned chicken gravy.

TURKEY-AND-VEGETABLE PIE

- | | |
|---|--|
| 2 tablespoons butter or margarine | 1 cup milk |
| $\frac{1}{2}$ lb small white onions, peeled | 1 can (12 oz) whole-kernel corn or 1 pkg (10 oz) frozen peas |
| $\frac{1}{2}$ cup chopped celery | 3 cups cooked turkey, in large pieces |
| 6 tablespoons all-purpose flour | 1 lb potatoes, pared and diced |
| 1 teaspoon salt | Pastry for 1-crust pie |
| $\frac{1}{8}$ teaspoon pepper | 1 egg yolk |
| $\frac{1}{2}$ teaspoon dried thyme leaves | |
| 1 cup canned chicken broth | |

1. Heat butter in large skillet or Dutch oven. Add onions and celery; cook, covered, 10 minutes; remove from heat.
 2. Stir in flour, salt, pepper and thyme until well combined. Gradually add broth and milk. Add corn or peas, turkey and potato.
 3. Bring to boiling, stirring constantly. Reduce heat; simmer, stirring occasionally, 10 minutes. Turn into a 2-quart shallow baking dish.
 4. Preheat oven to 400F. Make pastry.
 5. Roll pastry to fit top of baking dish with a $\frac{1}{2}$ -inch overhang. Place over turkey mixture; turn edge under; seal to rim of dish, and crimp. Make several slits in top for steam vents. Beat egg yolk with 1 teaspoon water; brush over pastry.
 6. Bake 30 minutes, or until crust is deep golden.
- MAKES 8 SERVINGS

SWEET-AND-SOUR TURKEY

- | | |
|--|--|
| 2 whole turkey legs and thighs (about 2 lb), cut at joints | 1 cup sugar |
| $\frac{1}{2}$ cup all-purpose flour | 3 tablespoons cornstarch |
| 2 tablespoons salad oil or shortening | $\frac{3}{4}$ cup cider vinegar |
| 1 teaspoon salt | 3 tablespoons soy sauce |
| $\frac{1}{4}$ teaspoon pepper | $\frac{1}{2}$ teaspoon ground ginger |
| | 1 chicken-bouillon cube |
| | 1 large green pepper, cut in $\frac{1}{2}$ -inch wide strips |

Sauce

- 1 can (13 $\frac{1}{2}$ oz) pineapple chunks

1. Wash turkey; pat dry with paper towels. Coat with flour.
 2. Heat oil in large skillet. Add turkey, a few pieces at a time; brown on all sides. Remove as browned to shallow roasting pan, arranging skin side up. Sprinkle with salt and pepper.
 3. Meanwhile, preheat oven to 350F.
 4. **Make Sauce.** Drain pineapple chunks, pouring syrup into 2-cup measure. Add water to make $1\frac{1}{4}$ cups.
 5. In medium saucepan, combine sugar, cornstarch, pineapple syrup, vinegar, soy sauce, ginger and bouillon cube; bring to boiling, stirring. Boil 2 minutes. Pour over turkey.
 6. Bake, uncovered, $2\frac{1}{2}$ hours. Add pineapple chunks and green pepper; bake 30 minutes longer, uncovered and basting several times, or until turkey is tender. Nice served with white rice.
- MAKES 6 SERVINGS

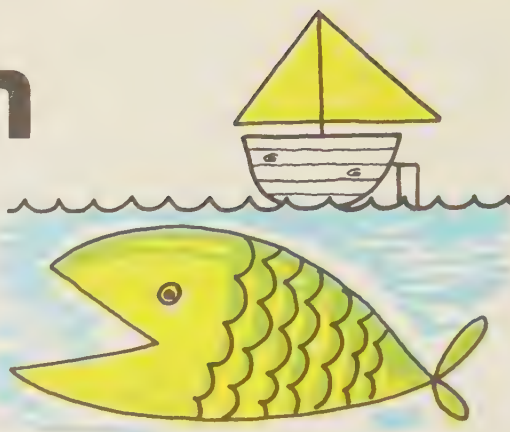
TURKEY RAGOUT

- | | |
|--|---|
| Butter or margarine | $\frac{2}{3}$ cup canned condensed chicken broth |
| 1 large onion, sliced | |
| $\frac{1}{2}$ cup sliced celery | 1 can (10 $\frac{1}{2}$ oz) condensed cream-of-celery soup |
| 2 medium zucchini, sliced (about 3 cups) | 1 can (10 $\frac{1}{2}$ oz) condensed cream-of-chicken soup |
| 4 cups cooked turkey, in large chunks (about 1 $\frac{1}{2}$ inches) | $\frac{1}{4}$ teaspoon dried thyme leaves |
| $\frac{1}{2}$ lb small fresh mushrooms | $\frac{1}{4}$ teaspoon dried marjoram leaves |
| 1 can (1 lb) whole carrots, drained | Chopped parsley |
| $\frac{2}{3}$ cup dry white wine (see Note) | |

1. Preheat oven to 350F.
 2. In 4 tablespoons hot butter in large, heavy skillet, sauté onion, celery, and zucchini until almost tender and lightly browned – about 10 to 15 minutes. Combine with turkey in a 3-quart casserole.
 3. In same skillet, brown mushrooms, adding more butter if needed. Add to casserole. Add carrots.
 4. Stir wine into drippings in skillet, then undiluted chicken broth, celery soup, chicken soup, thyme, and marjoram. Bring to boiling, stirring to loosen browned bits in pan. Pour wine mixture over turkey and vegetables in casserole, and mix lightly with a fork.
 5. Bake, covered, 1 hour, or until bubbling in center. Sprinkle with chopped parsley.
- MAKES 6 TO 8 SERVINGS
- Note:* Or use canned condensed chicken broth.



Fish



FILLETS OF SOLE AU GRATIN Pictured (page 40)

2 pkg (12-oz size) frozen sole fillets, partially thawed	Mashed-Potato Topping
2 tablespoons lemon juice	1 env (for 6 servings) instant mashed potato
2 tablespoons butter or margarine	$\frac{2}{3}$ cup milk
$\frac{1}{2}$ cup chopped onion	$\frac{1}{4}$ cup butter or margarine
2 cans (8-oz size) tomato sauce	1 teaspoon salt
$\frac{1}{2}$ teaspoon salt	$\frac{1}{8}$ teaspoon pepper
$\frac{1}{2}$ teaspoon sugar	1 egg yolk
$\frac{1}{4}$ teaspoon pepper	
$\frac{1}{4}$ cup chopped parsley	2 tablespoons grated Parmesan cheese
1 pkg (9 oz) frozen cut green beans	

1. Preheat oven to 375F. Butter a 2-quart, shallow baking dish. Roll up each fillet, darker side inside; fasten with wooden picks. (Cut wide fillets in half lengthwise.) Set rolls on end in baking dish. Sprinkle with lemon juice.

2. In 2 tablespoons hot butter in medium skillet, sauté onion, stirring, until golden. Add tomato sauce, $\frac{1}{2}$ teaspoon salt, the sugar, $\frac{1}{4}$ teaspoon pepper and the parsley. Bring just to boiling; pour over fillets. Bake, uncovered, 20 to 25 minutes, or until fish flakes easily when pierced with fork.

3. Cook green beans as package label directs; drain.

4. **Make Potato Topping:** Prepare mashed potato as label directs, with $\frac{2}{3}$ cup milk; add rest of ingredients.

5. Spoon green beans around fish. Pipe potatoes around edge of baking dish through a pastry bag with number-6 or -8 tip, making a border.

6. Sprinkle potato with cheese. Broil 3 to 5 minutes, or until golden.

MAKES 6 TO 8 SERVINGS

BAKED FISH CASSEROLE

2 pkg (1-lb size) frozen sole, flounder or cod fillets, slightly thawed	$\frac{1}{4}$ teaspoon dried dillweed
$\frac{1}{2}$ teaspoon salt	2 tablespoons packaged dry bread crumbs
2 tablespoons lemon juice	1 tablespoon butter or margarine, melted
1 large onion, thinly sliced	Parsley
$\frac{1}{2}$ red or green pepper, thinly sliced	

1. Preheat oven to 375F. Cut each block of fish crosswise into four pieces.

2. Arrange in shallow baking dish.

3. Sprinkle with salt and lemon juice. Then layer with onion, red pepper and dill. Bake, covered, 40 minutes.

4. Combine crumbs and melted butter. Sprinkle over top of casserole; bake, uncovered, 10 minutes, or until golden-brown. Garnish with parsley.

MAKES 4 SERVINGS

CRISPY FISH FILLETS

$\frac{1}{4}$ cup butter or margarine, melted	$\frac{1}{2}$ cup crushed potato chips
$\frac{1}{4}$ teaspoon paprika	4 fish fillets (about 1 lb)—see Note
$\frac{1}{4}$ teaspoon salt	Lemon slices
$\frac{1}{2}$ cup crushed saltine crackers	

1. Preheat oven to 350F. Combine butter, paprika and salt in a bowl. Place cracker and potato-chip crumbs on waxed paper. Dip fillets in butter, then in crumbs, coating well. Place in single layer in shallow baking pan.

2. Bake 10 minutes. Then broil, 5 inches from broiler, 6 to 8 minutes on each side, or until fish flakes easily with a fork. Serve with lemon.

MAKES 4 SERVINGS

Note: Use flounder, turbot, cod, halibut. If frozen, let thaw completely.

HALIBUT WITH CHINESE VEGETABLES

1 pkg (1 lb) frozen halibut fillets, partially thawed	1 teaspoon salt
3 tablespoons salad or peanut oil	$\frac{1}{4}$ teaspoon ground cardamom
$\frac{1}{2}$ cup chopped onion	1 can (1 lb) bean sprouts
1 cup scallions, sliced thinly on the diagonal	1 tablespoon cornstarch
Dry sherry	1 tablespoon soy sauce
	2 tablespoons pimiento, in $\frac{1}{2}$ -inch squares

1. Preheat oven to 375F. Butter an 8-by-8-by-2-inch baking dish.
2. Cut fish in four pieces; drain.
3. In hot oil in large skillet, sauté onion until golden. Stir in scallions, 1/2 cup sherry, the salt, cardamom and bean sprouts. Cook, covered, 5 minutes.
4. Meanwhile, in small bowl, combine cornstarch, soy sauce and 3 tablespoons sherry; mix until smooth. Gradually add to bean-sprout mixture, stirring constantly. Cook until mixture starts to boil and becomes transparent.
5. Turn half of bean-sprout mixture into bottom of prepared dish. Arrange fish pieces on top. Spoon remaining mixture over top of fish.
6. Cover dish with foil. Bake 25 to 30 minutes, or until fish flakes easily.
7. Garnish with pimienta.

MAKES 4 SERVINGS

FILLET OF SOLE WITH BROCCOLI Pictured (pages 40-41)

Sauce

1/4 cup butter or margarine	2 tablespoons lemon juice
1/4 cup unsifted all-purpose flour	2 pkg (1-lb size) frozen sole or flounder fillets, partially thawed
1 teaspoon salt	2 tablespoons lemon juice
1 teaspoon dried tarragon leaves	Salt
1/8 teaspoon pepper	Pepper
2 cups milk	2 tablespoons grated Parmesan cheese
1/2 cup dry white wine	

2 pkg (10-oz size) frozen chopped broccoli

1. **Make Sauce:** In medium saucepan, slowly heat butter just until melted. Remove from heat.
2. Add flour, 1 teaspoon salt, the tarragon and 1/8 teaspoon pepper; stir until smooth. Add milk, a little at a time, stirring after each addition.
3. Over medium heat, bring to boiling, stirring constantly. Reduce heat. Stir in wine. Simmer 3 minutes.
4. Cook broccoli according to package directions; drain well. Return to saucepan. Add 1 cup sauce and 2 tablespoons lemon juice; mix gently.
5. Preheat oven to 375F. Butter a 2-quart shallow baking dish.
6. Brush fillets with lemon juice; sprinkle lightly with salt and pepper. Arrange down center of dish, overlapping. Spoon broccoli around edge.
7. Spoon remaining sauce over fish. Cover dish with foil. Bake 25 minutes.
8. Remove foil; sprinkle fish with cheese. Broil 4 inches from heat, just until golden — about 3 minutes.

MAKES 6 TO 8 SERVINGS

COUNTRY-STYLE FISH CASSEROLE

1/2-lb slab bacon, cut into 1/2-inch pieces	1/4 teaspoon white pepper
1 cup sliced onion	
1/2 cup cut-up green pepper (1/2-inch squares)	Sauce
2 cups cut-up potato (1/2-inch cubes)	1 tablespoon flour
1 cup sliced mushrooms (1/4 lb)	1 cup dry white wine
1 1/2 teaspoons salt	1/2 teaspoon salt
1/2 teaspoon dried thyme leaves	Dash white pepper
	Dash dried thyme leaves
	2 pkg (12-oz size) frozen sole fillets, partially thawed

1. Preheat oven to 375F. Butter a 2-quart shallow round baking dish.
2. In large skillet, sauté bacon until crisp; remove. Reserve 1/4 cup fat.
3. Return fat to skillet; add onion, green pepper, potato, mushrooms, 1 1/2 teaspoons salt, 1/2 teaspoon thyme and 1/4 teaspoon white pepper. Cook over medium heat, stirring frequently, until potato is almost tender — 15 minutes.
4. **Make Sauce:** In saucepan, combine ingredients; mixing until smooth. Bring to boiling over medium heat, stirring. Simmer 2 minutes.
5. Separate fillets; arrange in dish.
6. Spoon vegetable mixture over top; pour sauce over all; arrange reserved bacon on top.
7. Bake, uncovered, 25 to 30 minutes, or until fish flakes easily.

MAKES 4 SERVINGS




FLOUNDER MARINARA

2 tablespoons butter or margarine	1/2 teaspoon dried basil leaves
1 cup sliced onion	1 pkg (16 oz) frozen flounder fillets
2 tablespoons all-purpose flour	1/4 cup grated Parmesan cheese
1 can (1 lb) stewed tomatoes	

1. Preheat oven to 375F.
2. In hot butter in skillet with heatproof handle, over medium heat, sauté onion, stirring, about 5 minutes. Remove from heat; stir in flour, stewed tomatoes and basil. Mix until smooth.
3. Slice frozen fillets in 6 pieces (thaw slightly, if necessary). Place in sauce. Sprinkle with Parmesan cheese.
4. Bake, covered, 10 minutes. Remove cover; bake 5 to 7 minutes longer, or until golden.

MAKES 6 SERVINGS

Note: If desired, remove cover; broil 6 inches from heat until golden — 5 to 7 minutes.



Clockwise from top left: Filets of Sole au Gratin, recipe on page 38; Savory Halibut Casserole, recipe on page 42; Filets of Sole with Broccoli, recipe on page 39.



SAVORY HALIBUT CASSEROLE

Pictured (page 41)

2 pkg (16-oz size) frozen halibut or cod, partially thawed	1 clove garlic, crushed
1/4 cup butter or margarine	1 teaspoon salt
1 cup sliced onion	1/4 teaspoon pepper
1 small green pepper, sliced into 8 thin rings	1 teaspoon dried basil leaves
1/2 cup celery, thinly sliced	1/2 cup dry white wine
	8 lemon slices
	1 can (14 1/2 oz) sliced baby tomatoes, undrained

1. Preheat oven to 375F. Butter a 12-by-8-by-2-inch baking dish.
2. In hot butter in medium skillet, sauté onion, green pepper, celery and garlic until tender – about 5 minutes.
3. Add remaining ingredients. Bring to boiling, stirring, simmer, uncovered, 15 minutes. Spoon 1 cup sauce into bottom of prepared baking dish.
4. Cut each package of fish into four pieces. Place in prepared dish.
5. On each piece of fish arrange, in this order, a green-pepper ring, onion slice, lemon slice and tomato slice.
6. Spoon remaining sauce over all.
7. Bake, covered with foil, 20 minutes, basting once with pan liquid. Remove foil; bake 10 minutes, or until fish flakes easily.

MAKES 8 SERVINGS

COD DELMONICO

2 lb cod steaks	1/4 teaspoon Worcestershire sauce
1/2 bay leaf	1/8 teaspoon hot red-pepper sauce
3/4 teaspoon salt	2 cups milk
3 black peppercorns	6 hard-cooked eggs
1/3 cup margarine	6 slices white bread
1/4 cup unsifted all-purpose flour	
3/4 teaspoon seasoned salt	

1. Rinse cod steaks in cold water; pat dry with paper towels. Place in large skillet; add bay leaf, salt, peppercorns and 2 cups water; bring to boiling; reduce heat, and simmer, covered, 15 minutes. Remove the skillet from heat.
2. Drain cod well. Remove and discard skin and bones. With a fork, separate cod into large flakes.
3. Melt 1/4 cup margarine in 3-quart saucepan. Remove from heat; blend in flour, salt, red-pepper sauce, and Worcestershire. Gradually stir in milk. Bring mixture to boiling over medium heat, stirring constantly. Reduce heat; simmer 5 minutes, stirring occasionally. Add flaked fish to sauce. Remove from heat; set aside.

4. Peel eggs; cut 2 in quarters lengthwise; set aside. Chop 2 eggs coarsely, and stir into fish mixture. Mash remaining 2 egg whites and yolks separately, set aside.
 5. Toast bread and spread with remaining margarine; cut in half diagonally.
 6. In deep, round serving dish, overlap toast halves, point side up, around edge. Heat fish mixture to boiling; pour into center of dish. Arrange egg quarters, petal fashion in center of dish. Sprinkle center of "flower" with mashed yolk. Sprinkle whites around edge. Garnish with parsley sprigs, if desired.
- MAKES 6 SERVINGS

TUNA LOAF

2 cans (6 1/2-oz size) chunk-style tuna	4 eggs
2 tablespoons butter or margarine	2/3 cup milk
1/2 cup chopped onion	2 tablespoons chopped parsley
1/2 cup chopped celery	1 teaspoon Worcestershire sauce
1/4 cup chopped green pepper	1/2 teaspoon salt
1 1/2 cups soft white-bread crumbs	2 tablespoons lemon juice
1 pkg (.19 oz) chicken-flavored instant broth	4 green-pepper rings
	Parsley sprigs
	6 lemon wedges

1. Preheat oven to 350F. Grease an 8 1/2-by-4 1/2-by-2 1/2-inch loaf pan.
 2. Drain tuna.
 3. In hot butter in small skillet, sauté onion, celery and chopped green pepper until tender. Stir in bread crumbs and chicken-flavored instant broth. Remove from heat.
 4. In medium bowl, slightly beat eggs. Stir in bread-crumb mixture, milk, chopped parsley, Worcestershire and salt. Fold in tuna and lemon juice until blended. Turn into prepared pan.
 5. Bake 55 minutes, or until knife inserted in center comes out clean.
 6. Let loaf stand about 3 minutes. Loosen around sides with spatula. Invert onto heated serving platter. Turn loaf right side up. Refrigerate, and serve cold. Garnish loaf with green-pepper rings and parsley sprigs. Serve with lemon wedges.
- MAKES 8 SERVINGS

TUNA, POTATO AND GREEN-BEAN SALAD

10 small red potatoes (about 2 1/4 lb)	1 can (7 oz) solid-pack tuna
Salt	Boston lettuce, washed and chilled
1 lb fresh green beans	
1 medium-size red onion	
1 cup Italian-style salad dressing	

1. Scrub potatoes. Cook in boiling salted water, covered, just until tender – about 20 minutes. Drain, and let cool slightly. Then cut the potatoes into quarters.

2. Wash beans; trim ends. Place in medium skillet in 1 cup boiling water with $\frac{1}{2}$ teaspoon salt. Boil, uncovered, 3 minutes, or until tender-crisp. Drain; cool.

3. Peel onion, slice, and separate into rings.

4. In shallow baking dish, arrange potatoes, green beans and onion rings in alternate layers. Pour $\frac{3}{4}$ cup salad dressing over all. Refrigerate, covered, 3 hours. (You may do this night before serving.)

5. Meanwhile, drain tuna; break into large chunks. Place in small bowl; toss with remaining dressing. Refrigerate, covered.

6. To serve: On shallow serving platter, arrange potato quarters, green beans and onion rings with tuna. Garnish with lettuce.

MAKES 6 SERVINGS



BAKED TUNA-STUFFED POTATOES

8 large baking potatoes	$\frac{1}{4}$ teaspoon paprika
2 tablespoons margarine	2 drops hot red-pepper sauce
2 cans (7 oz size) tuna, drained	$\frac{1}{4}$ teaspoon salt
1 tablespoon grated onion	4 slices processed American cheese, halved
1 tablespoon chopped parsley	
1 can (10 $\frac{3}{4}$ oz) condensed Cheddar-cheese soup, undiluted	

1. Preheat oven to 400F. Wash potatoes; rub skins all over with margarine. Prick with fork. Bake on rack of oven 1 $\frac{1}{2}$ hours, or until tender.

2. Meanwhile, in medium bowl, combine tuna,

onion, parsley, soup, paprika, pepper sauce, and salt. Toss with fork, to break up tuna.

3. Remove a 1-inch slice from top of each potato. Scoop out inside of potato from each slice and from the potato itself, leaving a shell. Add potato to tuna mixture, tossing to mix well.

4. Spoon lightly into potato shells, mounding high. Top each with $\frac{1}{2}$ slice of cheese. Place in shallow baking pan. Bake 15 minutes, or until filling is hot and cheese is melted.

MAKES 8 SERVINGS

FLOUNDER A LA GYPSY

1 pkg (1 lb) frozen flounder fillets, partially thawed	2 cups sliced mushrooms ($\frac{1}{2}$ lb)
Salt	1 $\frac{1}{2}$ teaspoons paprika
2 tablespoons butter or margarine	1 cup sour cream
$\frac{1}{2}$ cup chopped onion	$\frac{2}{3}$ cup light cream
$\frac{1}{2}$ teaspoon dried tarragon leaves	1 tablespoon all-purpose flour
	2 tablespoons chopped parsley

1. Preheat oven to 375F. Butter a 2-quart, shallow baking dish. Drain fillets. Sprinkle with $\frac{1}{2}$ teaspoon salt.

2. In hot butter in medium skillet, sauté onion, stirring, until golden.

3. Add tarragon and mushrooms; mix well. Cook, covered, 5 minutes.

4. In medium bowl, combine paprika, 1 teaspoon salt, the sour cream, light cream and flour; mix until smooth.

5. Add to mushroom mixture, stirring just until mixture starts to boil.

6. Turn half of the mushroom mixture into bottom of dish. Separate fillets; arrange on top. Spoon remaining mushroom mixture over fish. Sprinkle with parsley.

7. Bake, uncovered, 25 to 30 minutes, or just until fish flakes easily.

MAKES 4 SERVINGS



Pasta

RULES FOR COOKING PASTA

1. Use 3 quarts water and 1 tablespoon salt for each 8-ounce package of pasta.
2. Use a large kettle; bring water to rapid boil before adding pasta; then add pasta gradually so that water does not stop boiling.
3. Cook, uncovered and stirring occasionally, 8 to 10 minutes, for "al dente" firmness. Taste a piece to test doneness.
4. If pasta is to be baked again in a casserole, cook it a minute or two less.
5. Drain in colander; serve at once. Do not rinse unless pasta is to be used in a cold salad.
6. To keep pasta hot until serving time or to reheat: For 1 pound cooked spaghetti, toss with 2 tablespoons oil. Heat spaghetti in colander over a large kettle with 1 inch of simmering water.

Once you've cooked the pasta, there are no rules. The many fascinating shapes are practically interchangeable in almost any dish.

BEEF BALLS PAPRIKASH

Pictured

- | | |
|-------------------------|-----------------------|
| 1 lb ground chuck | 1/2 teaspoon salt |
| 1/2 teaspoon salt | 1/8 teaspoon pepper |
| Dash pepper | 1 can (10 1/2 oz) |
| 1/2 cup packaged dry | condensed beef broth, |
| bread crumbs | undiluted |
| 1 egg | 3 tablespoons all- |
| 2 tablespoons margarine | purpose flour |
| 1 lb onions, peeled and | 1 cup sour cream |
| sliced (3 cups) | Poppy-Seed Noodles, |
| 1 tablespoon paprika | right |

1. Make beef balls: In large bowl, lightly toss ground chuck with 1/2 teaspoon salt, dash pepper, the bread crumbs and egg until well combined.
2. Using hands, gently shape chuck mixture into 10 balls, each about 2 inches in diameter.
3. In hot margarine in large skillet, brown beef balls well all over. Reduce heat; cook gently about 10 minutes. Remove beef balls.
4. Add onion to drippings; sauté until tender and golden-brown – about 10 minutes.
5. Add paprika, salt and pepper, stirring until well blended with meat. Stir in 3/4 cup beef broth. Bring to boiling.
6. Add meatballs; then reduce heat, and simmer, covered, 30 minutes.
7. In small bowl, combine flour and remaining beef

broth, stirring until smooth. Gradually add to beef mixture, stirring constantly, 5 minutes longer.

8. Just before serving, place sour cream in small bowl. Slowly add 1/2 cup hot gravy. Slowly add to beef mixture, stirring until well blended. Heat, but do not boil. Serve with Poppy-Seed Noodles.

MAKES 5 SERVINGS

POPPY-SEED NOODLES

- | | |
|------------------------|---------------------------|
| 1 tablespoon salt | 1/4 cup margarine, melted |
| 3 quarts boiling water | 1 tablespoon poppy seed |
| 1 pkg (7 or 8 oz) wide | |
| noodles (3 cups) | |

1. In large kettle, bring salted water to a rapid boil. Add noodles.

2. Bring back to boiling. Cook, uncovered, stirring occasionally with long fork to prevent sticking, just until tender – 7 to 10 minutes. Do not overcook.

3. Drain in colander or sieve. Do not rinse. Toss noodles with melted margarine and poppy seed.

MAKES 5 SERVINGS

ZUCCHINI-TUNA-AND-MACARONI CASSEROLE

Pictured

- | | |
|---------------------------|--------------------------|
| 1 pkg (1 lb) spiral or | 1 teaspoon salt |
| elbow macaroni | 1 teaspoon dried |
| | dillweed |
| Sauce | 2 cups milk |
| Margarine | Grated Parmesan |
| 1/2 lb zucchini, washed | cheese |
| and thinly sliced (1 1/2 | |
| cups) | 1 can (6 1/2 oz) tuna, |
| 1 cup sliced celery, on | drained |
| the diagonal | 1 cup grated fresh bread |
| 1/2 cup chopped onion | crumbs (2 slices) |
| 1/4 cup all-purpose flour | |

1. Cook macaroni as package label directs; drain. Preheat oven to 350F.

2. Meanwhile, **make Sauce:** In 3 tablespoons margarine in 3-quart saucepan, sauté zucchini, celery and onion, stirring, about 5 minutes. Remove from heat.

3. Add flour, salt and dill; stir until smooth. Add milk, a small amount at a time, stirring after each addition. Return to heat.

4. Over medium heat, bring to boiling, stirring con-



**Beef Balls Paprikash, top;
Zucchini-Tuna-and-Macaroni Casserole, below.**

stantly. Reduce heat; simmer 3 minutes. Add $\frac{1}{4}$ cup grated Parmesan cheese; mix well.

5. In large bowl, combine cooked macaroni and the tuna with sauce; toss gently. Turn into 2-quart shallow baking dish. In small bowl, combine crumbs, 2

tablespoons Parmesan and 2 tablespoons melted margarine; toss gently.

6. Sprinkle over casserole. Bake 30 to 35 minutes, or until hot and bubbly.

MAKES 8 SERVINGS

SAUSAGE CONTINENTAL

6 sweet Italian sausages (1 lb)	2 jars (1-lb size) red cabbage, undrained
1 pkg (8 oz) wide noodles	1 tablespoon caraway seed
1 large unpared red apple, cut into 8 wedges	1/4 cup butter or margarine

1. In 5-quart Dutch oven, over medium heat, cook sausage with 2 tablespoons water, covered, about 15 minutes.
 2. Remove cover; turn sausage; continue cooking 10 minutes longer, or until well browned. Remove.
 3. Meanwhile, cook noodles as package label directs.
 4. In remaining fat in Dutch oven, sauté apple wedges 5 minutes.
 5. Add cabbage and sausage; simmer, uncovered, until cabbage is hot and apples are tender but not mushy.
 6. Drain noodles; toss with caraway seed and butter.
 7. Turn cabbage into center of warm serving platter. Arrange apples and sausage on top and noodles around edge.
- MAKES 6 SERVINGS



BAKED STUFFED TUFOLI

4 cups Tomato Sauce, right	2 tablespoons chopped parsley
1/2 pkg (1-lb size) tufoli (20) or manicotti	1 teaspoon dried oregano leaves
Filling	1 teaspoon salt
1/4 cup salad or olive oil	1/4 teaspoon pepper
1 cup chopped onion	1 pkg (8 oz) mozzarella cheese, cut in 1/2-inch cubes
1 clove garlic, crushed	
1 lb ground chuck	1 pkg (8 oz) mozzarella cheese, thinly sliced crosswise
1/2 lb ground veal	1/2 cup grated Parmesan cheese
1 pkg (10 oz) frozen chopped spinach, thawed, drained and finely chopped	

1. Make Tomato Sauce.
2. In large kettle, add 2 tablespoons salt to 6 quarts boiling water. Add tufoli; return to boiling. Boil 10 to 15 minutes, or until almost tender. Drain; lay flat on tray to cool.
3. Meanwhile, **make Filling:** In hot oil in large skillet, sauté onion and garlic until tender – about 5

minutes. Add beef and veal; brown lightly, stirring, about 15 minutes.

4. Remove from heat. Add spinach, parsley, oregano, salt, pepper and cubed mozzarella. Mix well.
 5. Preheat oven to 375F. With small spoon, spoon meat mixture into tufoli from each end.
 6. Pour 1 cup tomato sauce in bottom of 13-by-9-by-2-inch baking dish or shallow, oval baking dish.
 7. Arrange tufoli in tomato sauce. Pour rest of tomato sauce over top. Cover with foil. Bake 25 minutes.
 8. Remove from oven; remove foil. Place slice of mozzarella on each tufoli. Sprinkle with Parmesan cheese. Bake 10 minutes, or until cheese is melted.
- MAKES 8 TO 10 SERVINGS

TOMATO SAUCE

1 can (2 lb, 3 oz) Italian tomatoes	1 tablespoon salt
1/4 cup olive or salad oil	2 teaspoons sugar
1 cup finely chopped onion	1 teaspoon dried oregano leaves
1 clove garlic, crushed	1/2 teaspoon dried basil leaves
1 can (6 oz) tomato paste	1/4 teaspoon pepper
2 sprigs parsley	

1. Purée undrained Italian tomatoes in electric blender, or press through sieve with juice.
 2. In hot oil in large saucepan, sauté onion and garlic until golden-brown – about 5 minutes.
 3. Add puréed tomato, tomato paste, 1 1/2 cups water, the parsley, salt, sugar, oregano, basil and pepper; mix well.
 4. Bring to boiling; reduce heat and simmer, covered and stirring occasionally, 1 hour. Cook, uncovered and stirring occasionally, 1/2 hour longer.
- MAKES 4 1/2 CUPS
- Note:* Freeze any unused Tomato Sauce for another time.

HAMBURGER AND NOODLES STROGANOFF

1/2 pkg (8-oz size) noodles	1 tablespoon all-purpose flour
1/4 cup butter or margarine	1 can (8 oz) tomato sauce
1/2 cup finely chopped onion	1/2 cup Burgundy wine
1 clove garlic, finely chopped	1 can (10 1/2 oz) condensed beef broth, undiluted
1/2 lb mushrooms, thickly sliced; or 1 can (6 oz) sliced mushrooms, drained	1 teaspoon salt
1 lb ground chuck	1/4 teaspoon pepper
	1 cup sour cream
	1/2 cup grated Parmesan cheese

1. Preheat oven to 375F.
2. Cook noodles as package label directs. Drain.

3. Meanwhile, in hot butter in large skillet, sauté onion, garlic and mushrooms until onion is golden – about 5 minutes.
 4. Add beef: cook, stirring, until beef is browned.
 5. Remove from heat. Stir in flour, tomato sauce, Burgundy, broth, salt, and pepper.
 6. Simmer 10 minutes, stirring occasionally. Blend in sour cream.
 7. In lightly greased 2-quart casserole, layer a third of the noodles, then a third of the meat mixture. Repeat twice. Sprinkle with cheese.
 8. Bake, uncovered, 25 minutes.
- MAKES 6 SERVINGS

GREEK PASTITSIO

1 pkg (8 oz) elbow macaroni	2 cloves garlic, minced
2 teaspoons salt	2 teaspoons ground cinnamon
Boiling water	3 tablespoons butter or margarine
2 tablespoons butter or margarine	3 tablespoons all-purpose flour
2 medium onions, chopped	2¼ cups milk
1 lb ground chuck	3 eggs
2 cans (8-oz size) tomato sauce	Dash salt, pepper and nutmeg
1 teaspoon salt	

1. Cook elbow macaroni and 2 teaspoons salt in boiling water, as package directs, until tender but still slightly firm to the teeth. Drain.
 2. Heat 2 tablespoons butter in 10-inch skillet; add chopped onion; sauté slowly until it begins to turn golden-brown. Add meat (break up clumps), sautéing until it has lost its red color. Add tomato sauce, 1 teaspoon salt, the garlic and 1 teaspoon ground cinnamon. Simmer 20 minutes.
 3. Grease an 11-inch-square baking dish; turn half of the macaroni into it. Top with the meat sauce, spreading it evenly over macaroni. Add final layer of remaining macaroni.
 4. Preheat oven to 350F. In medium saucepan, melt remaining 3 tablespoons butter, and stir in flour. Remove from heat; slowly stir in milk. Beat until smooth with a wire whisk, and smooth. Remove from heat and cool slightly.
 5. In medium bowl, beat eggs slightly; slowly add half of hot cream sauce, beating constantly. Return mixture to remaining sauce in pan, and beat smooth. Season with salt, pepper and nutmeg.
 6. Sprinkle top of macaroni with remaining cinnamon, and pour sauce over all. Tap pan hard on counter top, so that sauce goes to bottom. Bake 40 minutes, or until the custard is firm. Let stand at room temperature for 10 minutes before serving.
- MAKES 6 TO 8 SERVINGS

FAMILY-FAVORITE MACARONI AND CHEESE

1 pkg (8 oz) elbow macaroni	1 teaspoon salt
¼ cup butter or margarine	⅛ teaspoon pepper
¼ cup all-purpose flour	2 cups milk
	8 oz Cheddar cheese grated (2 cups)

1. Preheat oven to 375F. Cook macaroni as label directs; drain.
2. Meanwhile, melt butter in a medium saucepan; remove from heat. Stir in the flour, salt and pepper until smooth. Gradually stir in milk. Bring to boiling, stirring. Reduce heat and simmer 1 minute. Remove from heat.
3. Stir in 1½ cups cheese and the macaroni. Pour into a 1½-quart casserole, and sprinkle remaining cheese over top.
4. Bake 15 to 20 minutes, or until cheese is golden-brown.

MAKES 4 TO 6 SERVINGS

SPAGHETTI WITH TOMATO SAUCE

Tomato Sauce	¼ teaspoon pepper
¼ cup olive or salad oil	½ teaspoon dried oregano leaves
¼ cup finely chopped onion	½ teaspoon dried basil leaves
¼ cup finely chopped green pepper	2 teaspoons sugar
2 cloves garlic, finely chopped	1 pkg (8 oz) spaghetti
1 can (1 lb, 12 oz) whole tomatoes, undrained	3 quarts boiling water
1 can (8 oz) tomato sauce	1 tablespoon salt
1 teaspoon salt	Grated Parmesan cheese

1. **Make Tomato Sauce.** In hot oil in medium saucepan, sauté the onion, green pepper, and garlic until golden and tender, about 10 minutes, stirring occasionally.
 2. Add tomatoes, tomato sauce, salt, pepper, oregano, basil, and sugar; stir, with wooden spoon, to break up tomatoes slightly.
 3. Over medium heat, bring mixture just to boiling. Reduce heat; simmer, covered, 40 minutes, stirring occasionally.
 4. Remove cover; simmer sauce, uncovered, for 20 minutes, or until slightly thickened.
 5. Meanwhile, cook spaghetti in 3 quarts boiling water with 1 tablespoon salt, uncovered, until just tender – 8 to 10 minutes. Turn spaghetti into colander; drain well.
 6. Serve spaghetti at once, with sauce poured over. Sprinkle with Parmesan cheese.
- MAKES 4 TO 6 SERVINGS



Beans and Rice



TUNA-AND-WHITE-BEAN SALAD

2 cans (1 lb, 3-oz size) white kidney beans	1 can (6½ oz) chunk-style tuna, drained and broken into large pieces
¼ cup red-wine vinegar	3 hard-cooked eggs, quartered
¼ cup chopped parsley	Crisp lettuce
3 green onions, chopped	Chopped parsley
¼ cup salad oil	
1 teaspoon salt	
Dash pepper	

1. Drain kidney beans; turn into medium bowl.
2. Add vinegar, parsley, onion, oil, salt and pepper; stir gently to mix well.
3. Refrigerate, covered, to chill well – at least 2 hours.
4. To serve, toss gently with tuna and one of the eggs. Line salad bowl with lettuce. Turn salad into bowl. Sprinkle with chopped parsley. Garnish with remaining quartered eggs.

MAKES 6 SERVINGS

WHITE BEANS WITH PASTA

1 pkg (1 lb) dried white Great Northern beans	1 can (8 oz) tomato sauce
Water	¾ teaspoon dried savory leaves
Salt	½ teaspoon dried thyme leaves
1 cup shell macaroni	¼ teaspoon pepper
¼ cup olive or salad oil	4 American-cheese slices, halved
2 cloves garlic	diagonally
½ cup chopped onion	Chopped parsley
2 tablespoons chopped fresh parsley	

1. Cover beans with cold water; refrigerate, covered, overnight.
2. Next day, drain beans, reserving liquid; turn beans and 6 cups liquid into a 3-quart Dutch oven; add 2 teaspoons salt. Bring to boiling; reduce heat and simmer, covered, 1½ hours, or until tender. If necessary, add 1 cup water during cooking; drain, reserving liquid.
3. A half hour before beans are done: In medium saucepan, bring 3 cups water and 1 teaspoon salt to boiling. Add macaroni; cook until tender – about 15 minutes; drain.
4. In hot oil in medium skillet, sauté garlic, onion and parsley 1 minute. Add tomato sauce, savory, thyme, 2 teaspoons salt, the pepper and 1 cup reserved bean liquid. Cook, uncovered, over medium heat until onion is done – about 5 minutes.

5. To serve, turn beans and macaroni into a 2-quart shallow casserole; stir in tomato mixture; add ½ cup reserved bean liquid, if necessary. Arrange cheese slices over top of beans in a circle. Run under broiler a few minutes to melt cheese. Sprinkle top with chopped parsley.

MAKES 8 SERVINGS

WHITE BEANS, COUNTRY STYLE Pictured (page 51)

1 pkg (1 lb) dried white navy beans	1 green pepper, finely chopped (about 1 cup)
Water	1 can (1 lb) tomatoes, undrained
4 teaspoons salt	1 teaspoon dried oregano leaves
¼ teaspoon pepper	¼ cup finely chopped parsley
2 cloves garlic, pressed	
2 bay leaves	
6 tablespoons butter or margarine	
2 onions, finely chopped (about 2 cups)	

1. Cover beans with cold water; refrigerate, covered, overnight.
2. Next day, drain beans; turn into a 4 or 5-quart Dutch oven; cover with 5 cups cold water. Add the salt, pepper, garlic and bay leaves. Bring to boiling; reduce heat; simmer, covered, 1 hour, or until beans are tender. Stir several times during cooking. Drain. Discard bay leaves. Turn beans back into Dutch oven. Preheat oven to 350F.
3. Meanwhile, in 4 tablespoons hot butter, sauté chopped onion until golden – about 5 minutes. Add green pepper, tomatoes, oregano and parsley; cook 5 more minutes.
4. Stir vegetable mixture and remaining 2 tablespoons butter into drained beans. Bake, covered, 1 hour and 15 minutes; bake, uncovered, 15 minutes longer. If desired, garnish top with tomato wedges and bay leaf.

MAKES 6 SERVINGS

BAKED BEANS WITH KIELBASA

1 lb kielbasa	¼ cup finely chopped onion
8 whole cloves	2 teaspoons dry mustard
2 cans (1-lb size) pork and beans in tomato sauce	¼ cup light-brown sugar, packed
1 can (8 oz) pineapple chunks, drained	

1. Make slashes in kielbasa, on the diagonal, 1 inch apart.
 2. In skillet, cover kielbasa with water; bring to boiling. Simmer, covered, 30 minutes; drain well. Insert whole cloves in kielbasa.
 3. Preheat oven to 350F.
 4. In large bowl, combine pork and beans, pineapple chunks, onion and dry mustard; mix well.
 5. Turn into a shallow 2-quart or 8-inch square baking dish. Place kielbasa on top. Sprinkle all over with brown sugar.
 6. Bake, uncovered, 30 minutes, or until beans are bubbling.
- MAKES 6 SERVINGS

CASSOULET WITH KNOCKWURST Pictured

- | | |
|---|--|
| 1 pkg (1 lb) dried white Great Northern beans | 1/2 teaspoon dried thyme leaves |
| 2 quarts water | 2 bay leaves |
| 1 clove garlic, crushed | 1 pkg (16 oz) knockwurst, cut lengthwise into quarters to make long strips |
| 1 cup sliced onion | |
| 1 tablespoon salt | |
| 4 whole cloves | |
| 1 can (8 oz) tomato sauce | |

1. In a 4-quart kettle, bring 2 quarts water to boiling. Add beans; return to boiling; boil 2 minutes. Remove from heat, and let stand 1 hour.



2. Add garlic, onion, salt and cloves; bring to boiling. Reduce heat and simmer, covered, 1 hour, or until tender, not mushy. Remove and discard cloves.
 3. Stir in tomato sauce, thyme, bay leaves and knockwurst. Cover and simmer 45 minutes longer, or until beans are tender. Discard bay leaves.
 4. Turn into warm serving dish.
- MAKES 8 SERVINGS

BAKED BEANS, NEW YORK STYLE


- | | |
|---|-----------------------------------|
| 1 pkg (1 lb) dried white Great Northern beans | 1 teaspoon dry mustard |
| 1/4 lb salt pork, diced | 2 teaspoons salt |
| 1 large onion, chopped | 1 tablespoon Worcestershire sauce |
| 3/4 cup light-brown sugar, packed | 1 cup boiling water |
| 1/2 cup catsup | 1/4 lb salt pork, cut in strips |

1. Cover beans with cold water; refrigerate, covered, overnight.
 2. Next day, drain beans. Cover with cold water; bring to boiling; reduce heat and simmer gently just until skins start to burst. Drain.
 3. Preheat oven to 275F.
 4. Turn beans into a 3-quart casserole; add diced salt pork, onion, sugar, catsup, mustard, salt, Worcestershire and boiling water; mix well. Arrange strips of salt pork over top.
 5. Bake, covered, 6 hours; uncover during last hour, adding more water if beans become dry.
- MAKES 8 SERVINGS

CHILI CON CARNE

- | | |
|--|---|
| 1 lb ground chuck (in chunks) | 1 can (1 lb, 12 oz) whole tomatoes, undrained |
| 2 medium onions, chopped | 1 teaspoon salt |
| 1 1/2 to 2 tablespoons chili powder | 1/8 teaspoon pepper |
| 2 cans (1-lb size) dark red kidney beans | 1/4 teaspoon garlic powder |
| | 1/2 teaspoon sugar |
| | 1/4 cup catsup |

1. In large heavy skillet, over medium heat, sauté ground chuck, stirring, until red color disappears. Pour off fat.
 2. Add chopped onion and chili powder; cook, stirring, about 5 minutes, or until onion is tender.
 3. Drain one can beans; use one can undrained. Add with rest of ingredients to meat, breaking up tomato with fork; stir to mix well. Simmer slowly, covered and stirring occasionally, until thickened and flavors are blended. Serve with rice, if desired.
- MAKES 6 TO 8 SERVINGS
- Note:* This dish is even better when made the day before, refrigerated, then reheated for serving.



Clockwise from center left: Black-Eyed Beans (Peas) with Ham, recipe on page 52; White Beans, Country Style, recipe on page 48; Hearty Vegetable-Bean Soup, recipe on page 5.



BLACK-EYED BEANS (PEAS) WITH HAM

Pictured (page 50)

1 pkg (1 lb) black-eyed beans (peas)	2 tablespoons salad oil
1-to-1½-lb smoked pork butt	1 cup chopped onion
5 cups water	½ cup chopped celery
Salt	1 teaspoon dried thyme leaves
2 bay leaves	⅛ teaspoon pepper
1 medium onion, studded with 4 whole cloves	Light-brown sugar
2 tablespoons butter or margarine	1 can (1 lb) whole tomatoes, undrained
	½ cup dry red wine
	Chopped parsley

1. Cover beans with cold water; refrigerate, covered, overnight.
2. Next day, place pork butt in 8-quart kettle; cover with 5 cups water, 1 tablespoon salt, bay leaves and whole onion studded with cloves. Bring to boiling; reduce heat and simmer, covered, 1 hour.
3. Drain beans; add to kettle with pork. Bring to boiling; reduce heat and simmer, covered, 1 hour, or until beans are tender.
4. Meanwhile, in hot butter and oil, sauté onion, celery and thyme, stirring, 5 minutes. Add 1 teaspoon salt, the pepper and ¼ cup brown sugar. Bring to boiling; reduce heat and simmer, uncovered and stirring occasionally, 20 minutes.
5. Preheat oven to 350F. Drain beans, reserving liquid. Slice pork butt.
6. In 3-quart casserole, combine beans and tomatoes; stir in onion-celery mixture and red wine; mix well. Arrange pork slices across top. Bake, covered, ½ hour, adding a little bean liquid if necessary. Sprinkle top with 2 tablespoons brown sugar; bake, uncovered, 30 minutes longer. Sprinkle with parsley.

MAKES 8 SERVINGS

BOSTON BAKED BEANS

1 pkg (1 lb) dried pea beans	2 tablespoons prepared mustard
Water	2 tablespoons brown sugar
1 envelope (1¾ oz) dried onion-soup mix	¼ lb salt pork
⅓ cup light molasses	Boiling water

1. Wash beans; turn into medium bowl, and cover with cold water. Refrigerate, covered, overnight.
2. Drain beans. In saucepan, combine the beans with 6 cups water; bring to boil. Reduce heat; simmer, covered, 40 minutes, until tender. Preheat oven to 300F.
3. Drain beans, reserving 1½ cups liquid from beans. Turn beans into 2-quart casserole or bean pot.

4. Mix onion soup mix, molasses, mustard, brown sugar, and bean liquid. Toss with beans.

5. Make cuts in salt pork every ½ inch. Place in center of beans.

6. Bake, covered, 5 hours; stir every hour. If beans dry out, add boiling water.

MAKES 8 SERVINGS

MICHIGAN BAKED BEANS

1 lb mixed dried navy, pinto and kidney beans; or 1 lb dried navy beans	1 clove garlic, crushed
2 quarts water	¾ cup catsup
4 slices bacon	¼ cup light-brown sugar
1½ cups chopped onion	¼ cup cider vinegar
	1 teaspoon dry mustard
	½ teaspoon salt
	¼ teaspoon pepper

1. Day ahead: Wash beans, discarding imperfect ones. Cover beans with 2 quarts cold water; refrigerate, covered, overnight.

2. Next day, turn beans and water into 5-quart kettle. Bring to boiling; reduce heat, and simmer, covered, 1 hour, or until beans are tender.

3. Meanwhile, sauté bacon until just crisp; remove and set aside. In bacon drippings, sauté onion and garlic until onion is transparent; remove from heat. Stir in catsup, brown sugar, vinegar, mustard, salt and pepper; mix well.

4. Drain beans, reserving liquid. Turn beans into a 2-quart baking dish. Preheat oven to 350F. Heat reserved bean liquid to boiling. Add 1 cup bean liquid to catsup mixture; pour over beans. Add enough bean liquid just to cover beans.

5. Bake, covered, 30 minutes. Remove from oven; place bacon on top of beans; bake 45 minutes longer.

MAKES 8 SERVINGS

BAKED LIMA BEANS AND FRANKFURTERS

1 pkg (1 lb) dried large lima beans	½ cup light-brown sugar, packed
5 cups water	1 tablespoon Worcestershire sauce
1 teaspoon salt	1 teaspoon salt
	½ teaspoon dry mustard
Sauce	
2 tablespoons salad oil	
1 cup chopped onion	6 to 8 frankfurters
1 cup tomato catsup	Salad oil

1. Cover beans with 5 cups cold water. Refrigerate, covered, overnight.

2. Next day, turn beans and liquid (do not drain) into a 5-quart kettle or Dutch oven; add 1 teaspoon salt. Bring to boiling; reduce heat and simmer gently,

covered, stirring occasionally, 1 hour, or until beans are tender and liquid is almost absorbed.

3. Meanwhile, **make Sauce:** In 2 tablespoons hot salad oil in large saucepan, sauté onion until tender – about 5 minutes. Add catsup, brown sugar, Worcestershire, salt, dry mustard and 1 cup water.

4. Bring to boiling, stirring; simmer, uncovered, 5 minutes.

5. Preheat oven to 350F.

6. Drain beans; reserve 1/4 cup liquid.

7. In kettle, combine beans, 1/4 cup liquid and sauce; mix well.

8. Turn bean mixture into 2-quart casserole or baking dish. Bake, covered, 1 hour.

9. Meanwhile, broil frankfurters: Rub frankfurters with salad oil; slash on diagonal in several places. Arrange on broiler rack; broil, 3 inches from heat, until evenly browned.

10. Remove cover from lima beans. Arrange frankfurters on top. Bake, uncovered, 10 minutes.

MAKES 6 TO 8 SERVINGS

HONEY-BAKED BEANS

1 pkg (1 lb) dried lima beans	1 teaspoon ground ginger
Water	3/4 cup honey
1 teaspoon salt	1 medium onion, peeled and stuck with 3 whole cloves
1/4 lb sliced bacon, diced	1 cup sliced onion
1 teaspoon salt	
1 1/2 teaspoons dry mustard	

1. Wash beans; drain. In large saucepan, soak beans in water to cover overnight.

2. Next day, over medium heat, cook beans in same water, uncovered, until tender and skins burst. Drain, reserving liquid.

3. In 2 1/2-quart casserole, place half of bacon, the beans and remaining ingredients, combined with 1/2 cup bean liquid. Cover with rest of bacon.

4. Bake, covered, 1 1/2 hours or until tender. During last half hour, remove cover to brown. (Add more bean liquid during cooking if necessary.)

MAKES 8 SERVINGS

MEXICAN RICE

2 tablespoons salad oil	1/8 teaspoon pepper
1 cup chopped onion	1 can (1 lb, 14 oz) tomatoes, undrained
1/2 cup cubed green pepper	3 cups fluffy cooked rice
1/2 lb ground beef	1 can (1 lb) red kidney beans, drained
1 tablespoon paprika	1/4 lb Cheddar cheese, cut lengthwise into 4 strips
1 teaspoon salt	
1 teaspoon dried basil leaves	

1. In hot oil in medium skillet, sauté onion, green pepper and ground beef (break up meat with fork into small pieces) until meat is no longer red – about 10 minutes.

2. Stir in paprika, salt, basil and pepper; mix well.

3. Add tomatoes; bring to boiling. Simmer uncovered and stirring occasionally, 30 minutes.

4. Preheat oven to 375F.

5. Add rice and kidney beans to skillet mixture; mix well. Turn into a 2-quart casserole or baking dish. Arrange cheese strips over top.

6. Bake, covered with foil, 20 minutes. Remove foil; bake until cheese is melted.

MAKES 8 SERVINGS

TAMALE PIE

4 cups water	2 cans (1-lb size) dark-red kidney beans
1 teaspoon salt	1 can (1 lb, 12 oz) whole tomatoes, undrained
1 cup yellow cornmeal	1 teaspoon salt
1/2 cup grated Cheddar cheese	1/8 teaspoon pepper
	1/4 teaspoon garlic powder
	1/2 teaspoon sugar
	1/4 cup catsup

Chili Con Carne

1 lb ground chuck (in chunks)
1 1/2 cups sliced onion
1 1/2 to 2 tablespoons chili powder

1. Day before, cook cornmeal: In a heavy, 4-quart saucepan, bring 4 cups water and 1 teaspoon salt to a full, rolling boil. Slowly add cornmeal, stirring constantly with a wire whisk – mixture will get very thick.

2. Turn heat low; cook, uncovered and stirring frequently, 20 minutes. Add 1/4 cup cheese. Turn into buttered 13-by-9-by-2-inch baking dish; let stand 20 minutes. Refrigerate, covered, overnight.

3. Next day, **make Chili Con Carne:** In large heavy skillet, over medium heat, sauté ground chuck, stirring, until red color disappears.

4. Add onion and chili powder; cook, stirring, about 5 minutes, or until onion is tender.

5. Drain one can beans; use one can undrained. Add with rest of ingredients to meat, breaking up tomatoes with fork; stir to mix well. Simmer slowly, covered and stirring occasionally, until thickened and flavors are blended – 30 minutes.

6. Preheat oven to 375F.

7. Cut cornmeal mixture into 24 squares. Pour meat mixture into shallow 3-quart casserole. Arrange 12 cornmeal squares, overlapping, around edge; top with second layer. Sprinkle with remaining cheese. Bake, uncovered, 25 to 30 minutes, or until cheese is melted.

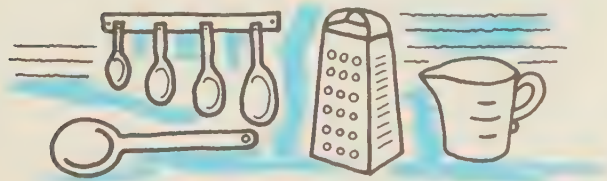
MAKES 8 SERVINGS

STUFFED YELLOW SQUASH WITH CHEESE SAUCE

3 yellow squash (2 lb) 1/8 teaspoon pepper
Salt 1 can (16 oz) stewed
1 tablespoon salad oil tomatoes
1 clove garlic, crushed 1/2 cup water
1/2 lb ground beef Cheese Sauce, below
1/2 cup raw long-grain
white rice

1. Wash squash; cut off and discard stem; cut squash in half lengthwise. Scoop out and discard seeds.
2. In medium skillet with tight fitting cover, bring 2 cups water and 1 teaspoon salt to boiling.
3. Add squash, cut side down; cook, covered, over medium heat 5 minutes, or until tender, not mushy. Drain well.
4. In hot oil in medium skillet, over medium heat, sauté garlic and beef, stirring until beef is no longer pink – about 10 minutes.
5. Add rice, 1 teaspoon salt and the pepper; mix well; cook, stirring, 2 minutes. Preheat oven to 375F.
6. Stir in stewed tomatoes and 1/2 cup water; cook, tightly covered, over low heat 20 minutes, or until rice is cooked and liquid absorbed. Meanwhile, make Cheese Sauce.
7. Fill squash halves with rice mixture, dividing evenly.
8. Arrange in bottom of 13-by-9-inch baking pan. Pour a little cheese over each. Cover tightly with foil. Bake 15 minutes, or until heated through.
9. Serve with remaining sauce.

MAKES 6 SERVINGS



CHEESE SAUCE

2 tablespoons butter or Dash pepper
margarine Dash ground red pepper
2 tablespoons all- 1 cup milk
purpose flour 1/4 cup grated Parmesan
1/2 teaspoon dry mustard cheese
1/4 teaspoon salt

1. In small saucepan, slowly melt butter (do not brown); remove from heat; stir in flour, mustard, salt, pepper, red pepper and milk until smooth.
2. Bring to boiling, stirring until thickened. Reduce heat; add cheese; cook, stirring, until cheese is melted and mixture is smooth.

MAKES 1 1/4 CUPS

CALIFORNIA CHEESE-AND-RICE CASSEROLE

1/4 cup butter or 1/2 teaspoon salt
margarine 1/8 teaspoon pepper
1 cup chopped onion 3 cans (4-oz size) green
4 cups freshly cooked chillies, drained, halved
white rice lengthwise, leaving
2 cups sour cream seeds
1 cup cream-style 2 cups grated sharp
cottage cheese natural Cheddar
1/2 teaspoon dried cheese
oregano leaves Chopped parsley

1. Preheat oven to 375F. Lightly grease a 12-by-8-by-2-inch (2-quart) baking dish.
2. In hot butter in large skillet, sauté onion until golden – about 5 minutes.
3. Remove from heat; stir in hot rice, sour cream, cottage cheese, oregano, salt and pepper; toss lightly to mix well.
4. Layer half the rice mixture in bottom of baking dish, then half of chillies; sprinkle with half of cheese. Repeat.
5. Bake, uncovered, 25 minutes, or until bubbly and hot. Sprinkle with chopped parsley.

MAKES 8 SERVINGS

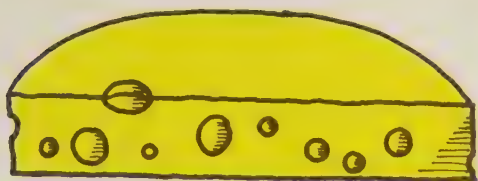


RICE PILAF

4 cans (10 3/4-oz size) 1 cup coarsely chopped
condensed chicken onion
broth, undiluted 3 teaspoons salt
1 1/2 cups butter or 1/2 cup butter or
margarine margarine
4 cups raw long-grain Chopped parsley
white rice

1. In large saucepan, add water to broth to make 9 cups. Bring to boiling.
2. In 1 1/2 cups hot butter in 6-quart Dutch oven, sauté rice until golden. Stir in the chopped onion and salt.
3. Stir boiling chicken broth into rice mixture.
4. Cook rice, covered and over low heat, 35 to 40 minutes, or until all liquid is absorbed and rice is tender. Let cool completely.
5. Turn into several freezer containers; seal; label; freeze.
6. To serve: Place freezer containers in hot water in saucepan. Heat over medium heat about 30 minutes, or until rice is thawed completely and heated through.
7. Fluff up with a fork; toss with 1/2 cup butter. Turn into serving dish; sprinkle with chopped parsley.

MAKES 10 TO 12 SERVINGS



Cheese and Eggs



QUICHE MONACO Pictured (page 57)

1/4 lb sliced bacon,
quartered
10-inch unbaked pieshell
1 cup grated natural
Swiss cheese
4 eggs
1 1/2 cups light cream
1/2 teaspoon salt
1/8 teaspoon ground
nutmeg
1/8 teaspoon pepper
1/2 teaspoon dried
oregano leaves

Pizza Topping
3 medium-size white
onions, sliced
1 can (8 oz) whole
tomatoes, undrained
1/4 teaspoon sugar
1/2 teaspoon dried thyme
leaves
1/4 lb mozzarella cheese
12 pitted black olives

1. Preheat oven to 375F.
2. Sauté bacon until crisp. Drain on paper towels; reserve 2 tablespoons bacon fat.
3. In bottom of pieshell, sprinkle 2/3 of bacon with grated cheese.
4. In medium bowl, beat eggs with cream, salt, nutmeg, pepper and oregano until smooth. Pour into pieshell. Bake 30 minutes, or until golden and sharp knife inserted near center comes out clean.
5. Meanwhile, **make Pizza Topping:** In reserved hot bacon fat in medium skillet, sauté onion until tender – several minutes. Add tomatoes, sugar and thyme; simmer, stirring, 15 minutes, or until mixture is slightly thickened. Slice the mozzarella into 3 1/2-by-1/2-inch slices.
6. Garnish top of quiche with mozzarella strips, spoke fashion, alternating with tomato mixture. Sprinkle with rest of bacon. Spoon remaining tomato mixture in center; decorate with olives.
7. Bake 5 minutes longer to melt cheese slightly. Serve warm.

MAKES 8 SERVINGS

CHEESE-PUFF SURPRISE

6 eggs
Butter or margarine
1 large tomato (8 oz),
thinly sliced
Grated Parmesan
Cheese
2 pkg (10-oz size) frozen
chopped spinach
1/4 cup finely chopped
onion

Salt
1/8 teaspoon pepper
6 tablespoons unsifted
all-purpose flour
Dash ground red pepper
1 1/4 cups milk
1/2 cup coarsely grated
natural Swiss cheese
1/4 teaspoon cream of
tartar

1. Separate eggs, placing whites in large bowl, yolks in another large bowl. Set aside until whites warm to room temperature – about 1 hour.
2. Meanwhile, lightly butter a 10-inch round shallow baking dish, 1 1/2 inches deep or an 11- or 12-inch pie plate, or a 9-by-9-inch baking dish.
3. Preheat oven to 350F. Arrange tomato slices in a single layer in bottom of prepared dish. Sprinkle lightly with 1 tablespoon Parmesan cheese.
4. Cook spinach as package label directs; drain well on paper towels.
5. In medium skillet, sauté onion in 2 tablespoons hot butter until golden. Add spinach, 1/4 teaspoon salt and the pepper. Sauté, stirring, 5 minutes longer.
6. Make cheese puff: Melt 5 tablespoons butter in medium saucepan; remove from heat. Stir in flour, 1 teaspoon salt and red pepper until smooth. Gradually stir in the milk.
7. Bring to boiling, stirring. Reduce heat and simmer, stirring constantly, until mixture becomes very thick and begins to leave bottom and side of pan.
8. With wire whisk or wooden spoon, beat egg yolks. Gradually beat in cooked mixture. Add 1/2 cup Parmesan cheese and the Swiss cheese; beat until well combined.
9. Add 1/2 teaspoon salt and the cream of tartar to egg whites. With portable electric mixer at high speed, beat until stiff peaks form when beater is slowly raised.
10. With wire whisk or rubber scraper, fold one third of beaten egg whites into warm cheese mixture until well combined. Carefully fold in remaining egg whites just until combined.
11. Spoon one third of the cheese mixture over the tomato. Spoon spinach mixture evenly on top. Add remaining cheese mixture.
12. Bake 40 minutes, or until puffed and golden-brown. Serve at once, cut into wedges.



MAKES 8 SERVINGS



Clockwise from left:
Alpine Hero Sandwich,
recipe on page 61.
Cheddar-Cheese-and-
Vegetable Chowder,
recipe on page 58;
Quiche Monaco, recipe
on page 55.



WELSH RABBIT EN CROUTE

Vol Au Vent 1 egg yolk
1½ pkg (17¼-oz size)
frozen puff pastry Welsh Rabbit, below

1. **To make Vol Au Vent:** Remove frozen pastry from package. Let stand at room temperature 20 minutes, to thaw. Line baking sheet with brown paper.

2. Unfold one sheet of pastry (two in a package). Place on lightly floured surface or pastry cloth; put an 8-inch round plate in the center; with sharp knife, cut around plate. Remove center round to prepared baking sheet; prick all over with fork; brush edge with water. Refrigerate. Reserve trimmings.

3. Repeat with second layer of pastry. In the center of the 8-inch round, place a 6-inch plate. Cut around plate. Remove outside ring; set on the outer edge of the bottom round. Place 6-inch round on baking sheet. This is for the lid.

4. Reroll trimmings into a 9-inch round. Place 8-inch plate in center; cut around edge. Place 6-inch plate in center; cut around edge. Wet edge of ring lightly with water; carefully place second ring on top of first ring.

5. Remove 6-inch pastry round, and place on top of the first 6-inch round, to make lid.

6. Repeat Step 3 to make another ring for the rim. Refreeze any leftover pastry, if desired.

7. Press dull edge of knife all around edge of ring, ½ inch apart, to make design.

8. With sharp knife, cut diamond shapes, 1 inch apart, on top of lid. Brush top lightly with egg yolk mixed with 1 teaspoon water. Also brush top of rim. Refrigerate 1 hour.

9. To bake: Preheat oven to 400F. Bake on middle shelf of oven 10 minutes; reduce oven to 350F. Bake 40 to 45 minutes longer, or until golden-brown and crisp. (If top gets too brown, cover with foil.)

10. Remove to rack to cool slightly. Meanwhile, make Welsh Rabbit.

11. To serve: Fill center with Welsh Rabbit, place lid on top.

MAKES 8 SERVINGS

WELSH RABBIT

2 tablespoons margarine ½ teaspoon salt
1 lb sharp Cheddar ½ teaspoon dry mustard
cheese, grated Dash ground red pepper
½ cup beer 1 teaspoon Worcester-
1 egg shire sauce

1. In medium saucepan, slowly heat margarine. Add cheese and beer. Cook over low heat, stirring frequently, until cheese melts. Remove from heat.

2. In small bowl, beat egg, salt, mustard, red pepper and Worcestershire. Gradually add to cheese mixture, stirring until well combined. Stir over low heat until mixture is heated through and smooth – about 5 minutes.

Note: To keep rabbit warm, turn into top part of double boiler. Let stand over hot water until ready to serve.

CHEDDAR-CHEESE-AND-VEGETABLE CHOWDER

Pictured (pages 56-57)

4 tablespoons butter or margarine	3 cups grated sharp natural Cheddar cheese (¾ lb)
¼ cup finely chopped onion	2 cups milk
1 cup chopped green pepper	¼ teaspoon salt
1 cup pared, sliced carrot	Dash pepper
1 cup pared, diced potato	½ cup croutons (optional)
1 pkg (10 oz) frozen peas	Chopped parsley
5 tablespoons all-purpose flour	
2 cans (10¾-oz size) condensed chicken broth, undiluted	

1. In hot butter in 3-quart saucepan, cook vegetables, covered and stirring occasionally, 20 to 25 minutes, or until tender.

2. Remove from heat: stir in flour; mix well. Cook 1 minute, stirring occasionally.

3. Add chicken broth to vegetable mixture. Bring to boiling, stirring constantly.

4. Gradually stir in cheese; cook over medium heat, stirring, until cheese has melted. Gradually add milk. Season with salt and pepper. Bring just to boiling, but do not boil.

5. Serve with croutons, sprinkled with the parsley.

MAKES 6 TO 8 SERVINGS

GREEK SPINACH-AND-CHEESE PIE

½ pkg (1-lb size) prepared phyllo- or strudel-pastry leaves (16 sheets, 12 by 15 inches)	3 eggs
¼ cup butter or margarine	½ lb feta cheese, crumbled
½ cup finely chopped onion	¼ cup chopped parsley
3 pkg (10-oz size) frozen chopped spinach, thawed and well drained	2 tablespoons chopped fresh dill
	1 teaspoon salt
	⅛ teaspoon pepper
	¾ cup butter or margarine, melted

1. Preheat oven to 350F. Let pastry leaves warm to room temperature according to directions on label.

2. In $\frac{1}{4}$ cup hot butter in medium skillet, sauté onion until golden – about 5 minutes.
3. Add spinach; stir to combine with onion. Remove from heat.
4. In large bowl, beat eggs with rotary beater. With wooden spoon, stir in cheese, parsley, dill, salt, pepper and spinach-onion mixture; mix well.
5. Brush a 13-by-9-by-2-inch baking pan lightly with some of melted butter. In bottom of baking pan, layer 8 phyllo pastry leaves (see Note), one by one, brushing top of each with melted butter. Spread evenly with spinach mixture.
6. Cover with 8 more leaves, brushing each with butter; pour any remaining melted butter over top.
7. Using scissors, trim off any uneven edges of pastry. Cut through top pastry layer on diagonal; then cut in opposite direction, to form about nine 3-inch diamonds.
8. Bake 30 to 35 minutes, or until top crust is puffy and golden. Serve warm.

MAKES 6 TO 8 SERVINGS

Note: Keep unused pastry leaves covered with damp paper towels, to prevent drying out.



VEGETABLE-AND-CHEESE CASSEROLE

- | | |
|---------------------------------------|--|
| 1 small eggplant (1 lb) | 2 cups sliced onion |
| 3 zucchini (1 lb) | 2 small tomatoes, sliced |
| Salt | ($\frac{3}{4}$ lb) |
| Boiling water | Pepper |
| $\frac{1}{4}$ cup butter or margarine | $\frac{1}{2}$ lb Cheddar cheese, grated (2 cups) |
| 2 tablespoons salad oil | |

1. Wash eggplant; cut in half lengthwise; slice $\frac{1}{2}$ inch thick. Scrub zucchini; slice diagonally $\frac{1}{2}$ inch thick.
 2. Preheat oven to 350F. Grease well a 10-inch shallow round or oval baking dish (about 2 inches deep).
 3. In large skillet, layer zucchini and eggplant; add 2 teaspoons salt and 2 cups boiling water. Bring to boiling, covered; reduce heat and simmer, covered, 5 minutes. Drain well in colander; set aside.
 4. In same skillet, in hot butter and oil, sauté onion until tender – about 3 minutes.
 5. In bottom of prepared casserole, layer half of onion, then half of eggplant, zucchini and tomato. Sprinkle with $\frac{1}{8}$ teaspoon pepper and 1 cup grated cheese. Repeat layering rest of vegetables; sprinkle with $\frac{1}{8}$ teaspoon pepper and remaining cheese.
 6. Bake, covered tightly with foil, 30 minutes. Uncover; bake 5 minutes more to evaporate liquid.
- MAKES 6 TO 8 SERVINGS

JOHN WAYNE'S CHEESE CASSEROLE

- | | |
|--|---|
| 2 cans (4-oz size) green chilies, drained | $\frac{2}{3}$ cup canned evaporated milk, undiluted |
| 1 lb Monterey Jack cheese, coarsely grated | 1 tablespoon all-purpose flour |
| 1 lb Cheddar cheese, coarsely grated | $\frac{1}{2}$ teaspoon salt |
| 4 egg whites | $\frac{1}{8}$ teaspoon pepper |
| 4 egg yolks | 2 medium tomatoes, sliced |

1. Preheat oven to 325F. Remove seeds from chilies, and dice.
 2. In a large bowl, combine the grated cheeses and green chilies. Turn into a well-buttered, shallow 2-quart casserole (12 by 8 by 2 inches).
 3. In large bowl, with electric mixer at high speed, beat egg whites just until stiff peaks form when beater is slowly raised.
 4. In small bowl of electric mixer, combine egg yolks, milk, flour, salt and pepper; mix until well blended.
 5. Using a rubber scraper, gently fold beaten whites into egg-yolk mixture.
 6. Pour egg mixture over cheese mixture in casserole; with fork, "ooze" it through the cheese.
 7. Bake 30 minutes; remove from oven and arrange sliced tomatoes, overlapping, around edge of casserole. Bake 30 minutes longer, or until a silver knife inserted in center comes out clean. Garnish with a sprinkling of chopped green chilies, if desired.
- MAKES 8 SERVINGS

CHEESE-STUFFED PEPPERS

- | | |
|---|---|
| 6 small green peppers, washed (1 $\frac{1}{2}$ lb) | $\frac{1}{4}$ lb Gruyere cheese, in $\frac{1}{4}$ -inch cubes |
| $\frac{1}{2}$ lb sharp Cheddar cheese, in $\frac{1}{4}$ -inch cubes | 1 medium tomato, cubed |
| $\frac{1}{4}$ lb Swiss cheese, in $\frac{1}{4}$ -inch cubes | $\frac{1}{2}$ teaspoon dried basil leaves |
| | $\frac{1}{4}$ teaspoon salt |
| | Dash pepper |

1. Preheat oven to 375F.
 2. In boiling water (2 inches deep) in a 5-quart Dutch oven, parboil peppers until tender – 10 minutes.
 3. Drain peppers; cut off tops; remove seeds. Place, standing upright, on lightly greased baking dish.
 4. In medium bowl, combine three kinds of cheese; toss gently.
 5. In small bowl, toss together cubed tomato, basil, salt and pepper.
 6. Spoon tomato mixture into bottom of peppers, dividing evenly. Stuff peppers with cheeses, rounding tops.
 7. Bake 20 minutes, or until hot and cheese is melted.
- MAKES 6 SERVINGS

BAKED CHEESE-AND-TOMATO FONDUE

2/3 cup soft margarine	1 1/2 teaspoons salt
1 clove garlic, crushed	1 teaspoon paprika
1 teaspoon dry mustard	Dash pepper
1 loaf (8 oz) Italian bread	1/3 cup unsifted all-purpose flour
3 cups grated Swiss cheese (3/4 lb), or 1 1/2 cups grated Cheddar cheese and 1 1/2 cups grated Swiss cheese	3 cups milk
3 tablespoons grated onion	1 can (16 oz) stewed tomatoes
	3 eggs, beaten

1. Make fondue day before serving: In small bowl, cream 1/3 cup margarine with the garlic and 1/2 teaspoon mustard until well blended.
2. Remove ends of bread; cut loaf into 1/2-inch-thick slices. Spread one side of each with butter mixture.
3. Line bottom and side of a 13-by-9-by-2-inch baking dish with some of bread, margarine side down.
4. In large bowl, combine cheese, onion, salt, paprika, pepper and remaining mustard; toss until well blended.
5. In medium saucepan, melt remaining margarine; remove from heat. Stir in flour. Gradually stir in milk; bring to boiling.
6. Stir in tomatoes. Add a little hot mixture to eggs, stirring. Pour back into saucepan, stirring.
7. Set aside 1/2 cup cheese mixture. In dish, alternate layers of remaining cheese mixture and remaining bread slices, margarine side up. Pour tomato sauce over all. Sprinkle with reserved cheese mixture.
8. Refrigerate, covered, overnight.
9. Preheat oven to 375F. Bake fondue 45 minutes, or until puffy and golden-brown on top.

MAKES 8 SERVINGS

OMELETTE PARISIENNE

1/4 lb sliced bacon	1/4 teaspoon pepper
1/8 lb natural Swiss cheese	1 tablespoon cream
6 eggs	2 tablespoons snipped chives
1 tablespoon cold water	2 tablespoons butter or margarine
1/2 teaspoon salt	

1. In 10- or 11-inch skillet, sauté bacon until crisp; drain on paper towels; crumble.
2. Meanwhile, grate Swiss cheese coarsely.
3. In medium bowl, with fork, beat eggs with water, salt and pepper until well mixed, not frothy. Stir in cream and half of bacon, cheese and chives.
4. Slowly heat skillet in which bacon was cooked. To test temperature: Sprinkle a small amount of cold water on skillet; water should sizzle and roll off in drops. Add butter; heat until it sizzles briskly – it should not brown.

5. Quickly turn egg mixture, all at once, into skillet. Cook over medium heat.

6. As omelet sets, run spatula around edge to loosen. Tilt pan to let uncooked portion run underneath. Continue loosening and tilting until omelet is almost dry on top and golden-brown underneath.

7. Sprinkle with remaining bacon, cheese and chives. Heat until cheese is slightly melted.

8. To turn out, loosen edge with spatula. Fold in thirds to edge of pan; tilt out onto plate.

MAKES 3 OR 4 SERVINGS

CECILIA'S OMELET, SPANISH STYLE

3 tablespoons salad oil	1 1/2 teaspoons salt
1 1/2 lb potatoes, pared and finely chopped	1/4 teaspoon pepper
4 onions, peeled and finely chopped	8 eggs

1. In hot oil in heavy, 9-inch skillet, cook potato and onion, covered, over medium heat 20 to 30 minutes. Stir mixture frequently; it should be soft but not browned. Sprinkle with 1 teaspoon salt and 1/8 teaspoon pepper.

2. In medium bowl, with rotary beater, beat eggs with 1/2 cup water, 1/2 teaspoon salt, and 1/8 teaspoon pepper. Pour egg mixture over potato and onion in skillet, lifting edge of potato mixture all around, to let egg run under. Do this several times.

3. Cook, covered, over medium heat just until eggs are set – about 8 minutes. Loosen edge with spatula.

4. To serve, place a heated serving platter over top of skillet, and invert omelet onto platter.

MAKES 8 SERVINGS

BROCCOLI FRITTATA

1 pkg (10 oz) frozen chopped broccoli	1 tablespoon chopped parsley
3 tablespoons olive oil	1 small clove garlic, crushed
1/2 cup thinly sliced onion	1 teaspoon salt
10 eggs	1/4 teaspoon pepper
1/3 cup grated Parmesan cheese	
2 tablespoons chopped pimiento	

1. Cook broccoli as package label directs. Drain.

2. Preheat oven to 350F. Heat oil in 10-inch heavy skillet with heat-resistant handle. Add onion; sauté until tender and golden-brown – about 5 minutes.

3. In large bowl, combine broccoli and remaining ingredients; with wire whisk or fork, beat until well blended. Turn into skillet with onion.

4. Cook over low heat, lifting from bottom with a spatula as the eggs set – 3 minutes.

5. Bake, uncovered, 10 minutes, or until top is set.

With spatula, loosen from bottom and around edge, and slide onto serving platter. Cut in wedges.
MAKES 4 TO 6 SERVINGS

BAKED MACARONI AND CHEESE WITH EGGS

2 cups elbow macaroni	1/4 cup chopped pimiento
1/4 cup butter or margarine	1/4 cup chopped green pepper
1/4 cup all-purpose flour	2 cups grated Cheddar cheese
1 teaspoon salt	6 eggs
1/8 teaspoon pepper	2 tablespoons chopped chives
1 teaspoon dry mustard	
2 cups milk	

1. Preheat oven to 375F. Cook macaroni as label directs; drain.
2. Meanwhile, melt butter in medium saucepan; remove from heat. Stir in flour, salt, pepper and mustard until smooth. Gradually stir in milk. Bring to boiling, stirring. Add pimiento and green pepper. Reduce heat and simmer 1 minute.
3. Stir in 1 1/2 cups cheese and the macaroni. Pour into a 2-quart shallow baking dish. Make six holes, evenly spaced, in macaroni; slip egg in each. Sprinkle rest of cheese around eggs.
4. Bake 20 minutes, or until eggs are set. Sprinkle with chives.

MAKES 6 SERVINGS

EGGS GOLDENROD WITH BROCCOLI

2 pkg (10-oz size) frozen broccoli spears	1/2 teaspoon salt
Boiling water	1/8 teaspoon pepper
1 teaspoon salt	1/2 teaspoon dry mustard
	2 cups milk
	1/2 teaspoon

Eggs Goldenrod
6 hard-cooked eggs
1/4 cup butter or margarine
1/4 cup unsifted all-purpose flour
Worcestershire sauce
2 tablespoons lemon juice

1. Cook broccoli in boiling water with 1 teaspoon salt as package label directs.
2. Meanwhile, **make Eggs Goldenrod**: Chop 2 egg yolks; set aside for garnish. Cut remaining eggs into quarters.
3. Melt butter in medium saucepan; remove from heat. Add flour, salt, pepper and mustard, stirring until smooth. Gradually stir in milk.
4. Bring to boiling, stirring. Reduce heat and simmer, stirring, until the mixture is thickened and smooth – about 3 minutes. Remove from heat.
5. Add Worcestershire and quartered eggs, except reserved yolks; mix well.

6. Drain broccoli well. Arrange on platter; sprinkle with lemon juice.

7. Pour eggs goldenrod over broccoli in a wide band; top with reserved yolk.

MAKES 6 SERVINGS



ALPINE HERO SANDWICH Pictured (page 56)

1 loaf French bread, about 18 inches long	1/2 cup milk
1/2 lb natural Swiss cheese	1/2 cup unsifted all-purpose flour
1 egg	1 medium-size red onion, sliced
1 egg yolk	

1. Preheat oven to 425F.
2. Cut a slice lengthwise from bread, removing top crust. With fork, scoop out soft bread, about 1 inch down, leaving bottom crust. Cut cheese into 8 cubes.
3. Combine egg and egg yolk; mix with fork.
4. Dip cheese cubes into milk, then roll in flour and finally dip into egg mixture.
5. Place cheese cubes, alternating with onion slices, in hollowed-out bread, placed on a cookie sheet. Brush outside of bread with some of milk; dust with flour and brush with rest of egg mixture.
6. Bake 15 to 20 minutes, or until cheese is melted and golden and bread is crusty. To serve, cut crosswise with a sharp knife. Serve hot.

MAKES 6 SERVINGS

GOLDEN BUCK

1/2 lb Cheddar cheese, coarsely grated (2 cups)	2 teaspoons prepared mustard
2 eggs	1/4 teaspoon salt
1/2 cup milk	1/2 teaspoon salt
2 tablespoons butter or margarine	Dash ground red pepper
	6 eggs
	6 slices white bread

1. In top of double boiler, combine cheese, 2 eggs, milk, butter, mustard, salt and red pepper. Cook over simmering water, stirring frequently, until cheese is melted and sauce is smooth. Remove from heat, but keep over hot water.
2. Poach the 6 eggs as directed in recipe for Poached Eggs, on page 62; toast bread.
3. To serve: Spoon about 2 tablespoons sauce on each slice of toast; top with a poached egg. Spoon any remaining sauce over eggs. Garnish with parsley, if desired.

MAKES 6 SERVINGS

POACHED EGGS AND TOMATOES

4 slices bacon, diced	1 cup milk
1/2 cup finely chopped onion	1 cup grated Cheddar cheese
1 can (1 lb) Italian tomatoes, drained	Dash paprika
Salt	8 eggs
Pepper	2 tablespoons fresh bread crumbs, tossed with 1 tablespoon melted margarine
Margarine	
2 tablespoons all-purpose flour	

1. Sauté bacon in skillet until crisp. Lift out bacon with slotted spoon; drain on paper towels.
2. In 2 tablespoons bacon fat in same skillet, sauté onion until tender – about 5 minutes. Stir in tomatoes, 1 teaspoon salt and 1/8 teaspoon pepper; cook, stirring, about ten minutes.

3. Meanwhile, melt 1 tablespoon margarine; stir in the flour; then add milk. Bring to boiling, stirring; add 1/3 cup cheese, 1/4 teaspoon salt, dash pepper and the paprika. Cook, stirring, until cheese is melted. Remove from heat.

4. Meanwhile, poach eggs as directed in recipe for Poached Eggs, below. Pour tomato sauce into a 1 1/2-quart shallow baking dish. Carefully arrange poached eggs evenly on top of sauce. Spoon cheese sauce over and around eggs. Sprinkle with crumbs, rest of cheese and the bacon. Run under broiler a few minutes, to brown slightly.

MAKES 6 SERVINGS

POACHED EGGS

In shallow pan or skillet, bring water (about 1 inch deep) to boiling point. Reduce heat to simmer. Break each egg into a saucer; quickly slip egg into water. Cook, covered, 3 to 5 minutes. Lift out of water with slotted pancake turner. Drain well on paper towels.

SCRAMBLED EGGS, SUNDAY STYLE

4 individual brioches (from bakery)	Dash pepper
	2 tablespoons margarine
Scrambled Eggs	1 pkg (3 oz) chive cream cheese, cut in 1/2-inch cubes
7 eggs	Chopped parsley or chives
1/4 cup milk	
1/2 teaspoon salt	

1. Preheat oven to 350F. Heat brioches on cookie sheet while preparing eggs.

2. **Make Scrambled Eggs:** In medium bowl, combine eggs, milk, salt and pepper; with rotary beater, beat just until combined.

3. Heat margarine in a large skillet. Pour in egg mixture; cook over low heat. As eggs start to set on bot-

tom, gently lift cooked portion with spatula to form flakes, letting uncooked portion flow to bottom of pan.

4. Add cheese; cook until the eggs are moist and shiny but no longer runny.

5. Cut off tops of brioches; set aside. With fork, scoop out soft centers of each brioche.

6. Spoon scrambled eggs into brioches; sprinkle with parsley; replace brioche tops.

MAKES 4 SERVINGS

EGGS MORNAY WITH FRESH-TOMATO SAUCE

Fresh-Tomato Sauce	1/2 teaspoon salt
2 tablespoons olive or salad oil	4 soft-cooked eggs (see Note)
1 clove garlic, crushed	2 slices natural Swiss cheese, halved
1/2 teaspoon dried basil leaves	5 slices buttered toast
3 medium-size ripe tomatoes, cut into thin wedges	

1. **Make Fresh-Tomato Sauce.** In hot oil in large skillet, sauté garlic and basil, stirring, several minutes. Add tomatoes and salt; cook slightly, just until tomatoes are heated through.

2. Meanwhile, gently remove shells from eggs, being careful not to break whites. Wrap each egg in one-half slice of cheese.

3. Divide tomato sauce into four shallow au-gratin dishes (about 6 inches). Arrange an egg in sauce in each dish.

4. Run under broiler, about 5 inches from heat, 5 minutes, or until cheese is melted and golden.

5. Cut toast in quarters, on diagonal. Place the quarters in each dish.

MAKES 4 SERVINGS

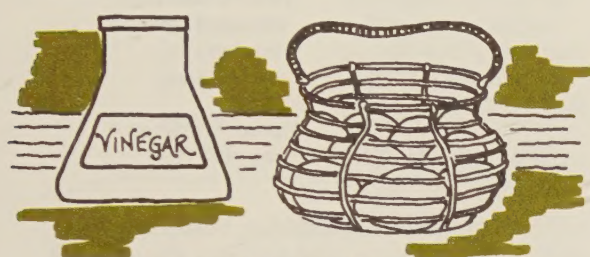
Note: To soft-cook eggs, cover eggs with water to an inch above them; bring rapidly to a boil. Take pan off heat; cover; let stand 4 minutes. Cool under running water, to prevent further cooking.

EGG FOO YUNG

1 teaspoon soy sauce	1/4 cup slivered green pepper
1 teaspoon dark molasses	1/4 cup chopped pimiento or red pepper
1 teaspoon cider vinegar	1 cup shredded lettuce
1 tablespoon cornstarch	1/4 cup thinly sliced onion
1 can (13 3/4 oz) chicken broth	6 eggs, slightly beaten
1 cup slivered cooked pork, 1 1/2 inches long, 1/2 inch wide	1/2 teaspoon salt
1 cup canned bean sprouts, drained	Salad oil

1. In small saucepan, combine soy sauce, molasses, vinegar and cornstarch, stirring until smooth.
2. Then gradually stir in chicken broth; over direct heat, bring to boiling, stirring. Reduce heat, and simmer 10 minutes. Sauce will be thickened and translucent. Keep warm over hot water.
3. In large bowl, combine cooked pork, bean sprouts, green pepper, pimiento, lettuce and onion. Add eggs and salt, stirring just until combined.
4. Heat 1 tablespoon oil in small skillet. Add egg mixture, $\frac{1}{2}$ cup at a time (as for pancakes).
5. Sauté, over high heat, turning once, just until browned on both sides. Remove, and keep warm. Repeat until egg mixture is used, adding more oil to skillet as necessary. Arrange on hot platter. Pour some of hot sauce over them. Pass rest.

MAKES 4 SERVINGS



SPINACH CRÊPES

Crêpe Batter

- 1 cup milk
- 4 eggs
- 2 tablespoons salad oil
- $\frac{1}{2}$ teaspoon salt
- 1 teaspoon sugar
- $\frac{3}{4}$ cup unsifted all-purpose flour
- Salad oil

- 1 cup half-and-half
- 1 teaspoon salt
- $\frac{1}{8}$ teaspoon white pepper
- $\frac{1}{8}$ teaspoon ground nutmeg

Cheese Sauce

- $\frac{1}{4}$ cup butter or margarine
- $\frac{1}{4}$ cup unsifted all-purpose flour
- $\frac{1}{2}$ teaspoon salt
- Dash pepper
- $\frac{3}{4}$ teaspoon dry mustard
- $\frac{1}{2}$ cups milk
- $\frac{1}{4}$ lb sharp Cheddar cheese, grated (1 cup)

Creamed Spinach

- 3 pkg (10-oz size) frozen chopped spinach
- 2 tablespoons butter or margarine
- $\frac{1}{3}$ cup finely chopped onion
- 3 tablespoons all-purpose flour

1. Day before or several hours ahead, **make Crêpe Batter**: In medium bowl, combine ingredients for batter. Beat with rotary beater until well blended.
2. Refrigerate, covered, several hours or overnight.
3. Next day, make crêpes: Heat 8-inch skillet (measured across the top) over medium heat until a drop of water sizzles when dropped on it. Brush pan lightly with salad oil. Pour $\frac{1}{4}$ cup batter into skillet, tilting pan so batter covers bottom completely.
4. Cook until top is dry and bottom lightly browned; turn and brown other side. Turn out on wire rack to

cool. Continue cooking until all batter is used. Stack cooled crêpes between waxed paper. Makes 10 seven-inch crêpes.

5. Make Creamed Spinach: Cook spinach as label directs. Drain very well, pressing out excess liquid in colander; drain on paper towels. In 2 tablespoons hot butter in saucepan, over medium heat, sauté onion 5 minutes.

6. Remove from heat. Stir in 3 tablespoons flour. Gradually stir in half-and-half. Bring to boiling, stirring. Add drained spinach, 1 teaspoon salt, the white pepper and nutmeg; cook 3 minutes, stirring.

7. Make Cheese Sauce: In medium saucepan, heat butter just until melted; remove from heat. Add flour, salt, pepper and mustard; stir until smooth. Add milk slowly, stirring constantly. Return to heat. 8. Over medium heat, bring to boil, stirring constantly. Reduce heat; simmer 1 minute. Add grated cheese; stir over low heat just until cheese is melted. Remove from heat. (You should have 2 cups.)

9. Preheat oven to 350F. Spoon $\frac{1}{3}$ cup filling on center of each crêpe; fold two opposite sides over filling. Arrange in shallow baking dish, seam side down.

10. Spoon cheese sauce over crêpes. Bake 15 minutes.

11. Place under broiler, 6 inches from heat, just until golden-brown.

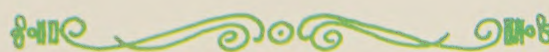
MAKES 8 SERVINGS

BAKED POTATOES PAYSANNE

- 6 large baking potatoes
- $\frac{3}{4}$ cup butter or margarine
- $\frac{1}{2}$ cup milk
- 1 cup grated Cheddar or Monterey Jack cheese (4 oz)
- 1 teaspoon salt
- $\frac{1}{4}$ teaspoon pepper
- 6 slices Cheddar or Monterey Jack cheese

1. Preheat oven to 425F.
2. Scrub potatoes; dry well. Prick skin with fork. Bake potatoes, right on rack of oven, 60 to 70 minutes, or until tender.
3. Remove a thin horizontal slice from top of each baked potato. Gently scoop out inside of potato, leaving skin intact.
4. Combine scooped-out potato with butter, milk, grated cheese, salt and pepper; beat with wooden spoon until fluffy. Use to refill potato shells, mounding high. Top each with a slice of cheese.
5. Bake 15 minutes, or until cheese is melted and potato golden.

MAKES 6 SERVINGS



CHEESE-SCALLOPED POTATOES AND CARROTS

Boiling water	2 tablespoons all-purpose flour
2 teaspoons salt	1 teaspoon salt
2 lb potatoes, pared and thinly sliced (about 5 cups)	$\frac{1}{8}$ teaspoon pepper
$1\frac{1}{2}$ cups sliced onion	Dash ground red pepper
5 medium carrots, pared and diagonally sliced $\frac{1}{4}$ inch thick (2 cups)	$1\frac{1}{2}$ cups milk
	$1\frac{1}{2}$ cups grated sharp Cheddar cheese

Cheese Sauce

3 tablespoons butter or margarine

1. Preheat oven to 375F. Lightly grease a $2\frac{1}{2}$ -quart, shallow baking dish.
2. In 2 cups boiling water in large skillet, cook 2 teaspoons salt, potato, onion and carrot, covered, 5 minutes, or just until partially tender. Drain.
3. **Make Cheese Sauce:** In small saucepan, melt butter; remove from heat; stir in flour, salt, pepper and red pepper; stir in milk, blending well.
4. Over medium heat, bring just to boiling, stirring, until thickened and smooth. Stir in 1 cup cheese; cook, stirring, over low heat until cheese is melted.
5. In prepared casserole, layer half the potato, onion and carrot; top with half of cheese sauce; repeat with other half of vegetables and sauce. Sprinkle top with remaining cheese.
6. Bake, covered with foil, 20 minutes, or until potato is tender when pierced with fork. If desired, uncover top during last 10 minutes of baking to brown top.

MAKES 6 SERVINGS



SWISS-CHEESE CUSTARD

4 slices bacon, diced	$1\frac{1}{2}$ cups grated natural Swiss cheese
6 eggs	3 tablespoons grated Parmesan cheese
2 cups milk	
1 teaspoon salt	
$\frac{1}{8}$ teaspoon pepper	

1. Preheat oven to 350F. Lightly grease six individual soufflé dishes.
 2. Cook bacon until crisp; drain on paper towels.
 3. In medium bowl, beat eggs slightly; stir in milk, salt, pepper, grated Swiss and 2 tablespoons Parmesan cheese. Turn into soufflé dishes. Sprinkle top of each with bacon and a little more grated Parmesan cheese.
 4. Place in a pan of hot water 1 inch deep. Bake 30 minutes, or until set – the tip of sharp knife inserted in edge comes out clean. Serve warm.
- MAKES 6 SERVINGS

EGGS FLORENTINE

2 tablespoons butter or margarine	$\frac{1}{4}$ cup grated Swiss or Parmesan cheese
1 tablespoon finely chopped onion	1 pkg (10 oz) frozen chopped spinach, thawed and well-drained
$1\frac{1}{2}$ tablespoons all-purpose flour	4 eggs
$\frac{1}{4}$ teaspoon salt	Grated Parmesan cheese
Dash pepper	
Dash ground nutmeg	
1 cup milk	

1. In hot butter in medium-size, heavy saucepan, sauté onion, stirring, until golden – about 5 minutes. Remove from heat.
 2. Add flour, salt, pepper and nutmeg; stir until smooth. Add milk, a small amount at a time, stirring after each addition. Return to heat.
 3. Over medium heat, bring to boiling, stirring constantly; reduce heat, and simmer 3 minutes, stirring. Add $\frac{1}{4}$ cup grated cheese to sauce in saucepan, stirring constantly. Cook, stirring, over low heat until cheese is melted; do not boil. To keep sauce hot, cover and place over hot water.
 4. Meanwhile, cook spinach as package directs; drain well.
 5. Also poach eggs, page 62.
 6. Combine cheese sauce with spinach; mix well. Turn into a 1-quart shallow baking dish. Arrange poached eggs on top. Sprinkle top with 1 tablespoon grated cheese. Run under broiler a few minutes, to melt cheese.
- MAKES 4 SERVINGS

WEIGHTS, MEASURES, AND COOKING TEMPERATURES

A HANDY METRIC CONVERSION TABLE

<i>To Change</i>	<i>Into</i>	<i>Multiply By</i>	<i>To Change</i>	<i>Into</i>	<i>Multiply By</i>
inches	centimeters	2.5	centimeters	inches	.4
ounces	grams	28	grams	ounces	.035
pounds	kilograms	.45	kilograms	pounds	2.2
teaspoons	milliliters	5	milliliters	teaspoons	.2
tablespoons	milliliters	15	milliliters	tablespoons	.067
fluid ounces	milliliters	30	milliliters	fluid ounces	.033
cups	liters	.24	liters	cups	4.2
pints	liters	.47	liters	pints	2.1
quarts	liters	.95	liters	quarts	1.06
gallons	liters	3.8	liters	gallons	.26

METRIC EQUIVALENTS FOR U.S. COOKING MEASURES

<i>U.S. Measure</i>	<i>Metric Equivalent</i>	<i>U.S. Measure</i>	<i>Metric Equivalent</i>
¼ teaspoon	= 1.25 milliliters	1 ounce	= 28.35 grams
½ teaspoon	= 2.5 milliliters	2 ounces	= 56.7 grams
1 teaspoon	= 5 milliliters	4 ounces	= 113.4 grams
2 teaspoons	= 10 milliliters	8 ounces	= 226.8 grams
3 teaspoons	= 15 milliliters	16 ounces	= 453.59 grams
1 tablespoon	= 15 milliliters	¼ pound	= .11 kilogram
2 tablespoons	= 30 milliliters	½ pound	= .23 kilogram
1 fluid ounce	= 29.5 milliliters	¾ pound	= .34 kilogram
2 fluid ounces	= 59 milliliters	1 pound	= .45 kilogram
4 fluid ounces	= 118 milliliters	2 pounds	= .90 kilogram
8 fluid ounces	= 236 milliliters	4 pounds	= 1.81 kilograms
16 fluid ounces	= 472 milliliters	6 pounds	= 2.72 kilograms
1 cup	= .24 liter	8 pounds	= 3.62 kilograms
2 cups	= .47 liter	10 pounds	= 4.54 kilograms

U.S. COOKING MEASURES	COOKING TEMPERATURES			OVEN TEMPERATURES			
	<i>Heat</i>	<i>Fahrenheit</i>	<i>Celsius</i>	<i>°F</i>	<i>°C</i>	<i>°F</i>	<i>°C</i>
3 teaspoons = 1 tablespoon	Very Slow	250-275	121-135	200	93	375	191
2 tablespoons = 1 fluid ounce	Slow	300-325	149-163	225	107	400	204
8 fluid ounces = 1 cup	Moderate	350-375	177-191	250	121	425	218
2 cups = 1 pint	Hot	400-425	204-218	275	135	450	232
2 pints = 1 quart	Very Hot	450-475	232-246	300	149	475	246
4 quarts = 1 gallon	Broil	500-525	260-274	325	163	500	260
16 ounces = 1 pound				350	177	525	274
12 inches = 1 foot							

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